



"The program is too expensive"

"The program is too expensive" "I'd love to, but I can't afford it right now" "It's out of my budget" I get it. Investing into your health isn't commercialised. It's not the norm. Take a 7-day holiday for example ... The average costs for an Australian couple to go away on a 7 day holiday to Bali costs between \$1,755 - \$3,690. The average costs for an English couple to go on a 7 day holiday to Ibiza costs between £1,285 - £3,710. Most couples go away each year. And don't get me wrong, I believe travel is the most enriching experience anyone can do, BUT ... Those memories are amplified when you can do more, feel happier, and remember them for longer. The investment into a 90-day program fits well within that budget. And it isn't just for 7 days.

Instead you learn how to eat for your body, develop life-long habits,

and become a beacon of inspiration for those you care about most.



"The program is too expensive"

We get it.

It's easy to see the immediate expense and harder to visualise the long-term returns, especially when you are so used to living with aches, pains, fatigue, and feeling uncomfortable.

Sometimes, the true cost is not the price paid, but in the opportunities lost by not investing ...

Health isn't usually something we value, until we lose it ...

It's not until we see a loved one suffer, or we experience an injury that causes you to completely adjust your weekly schedule until it gets prioritised.

But since we're having this conversation now, maybe there's still time?

Since you have opened up this email, let's get you booked in for your complementary functional health consultation.

We'll have a look at your 'health handbrakes', see what's holding you back and figure out why you are feeling the way you are.

Here's the link to get you booked in:

[LINK TO BOOK]

I look forward to seeing you in my diary.

