

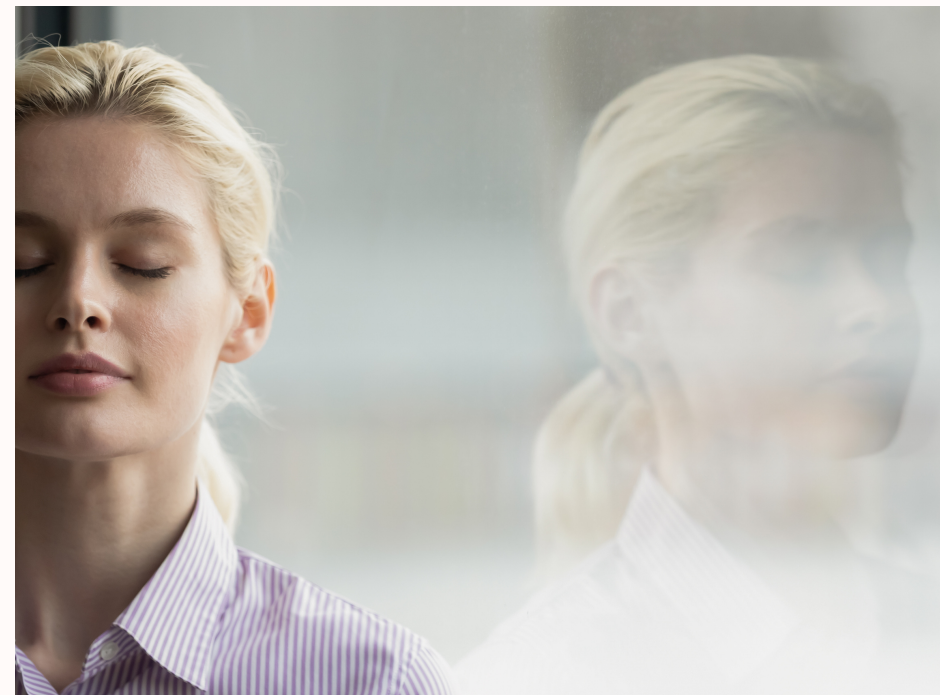


THE *Vibrant* WOMAN PROJECT!

DISCOVER MORE

The ultimate wellness coaching program to transform your body, mind, and soul.

Are you ready to feel inspired and empowered...and take exquisite care of your body + soul?



DOES THIS SOUND FAMILIAR...

- You're struggling with exhaustion and overwhelm in your daily life
- You're fed up with all the "fad diet" promises that never live up to your hopes
- You have no idea where to start with creating real change in your wellbeing
- You're done with restrictive diets that make you feel like you're starving
- You know it's time to make you a priority...but you don't know where to start

IT'S TIME TO GO FROM FRUSTRATED...TO *Fabulous*

IMAGINE BEING ABLE TO...

- enjoy your food and take pleasure in healthy, nourishing meals
- be the healthiest woman you know
- have more energy than ever
- fit into your old clothes
- have a pleasurable lifestyle that includes delicious food
- wake up every day feeling in love with your body & your life
- No more "some day" mentality. No more fatigue, guilt, and shame.



Introducing

A 90-DAY WELLNESS COACHING EXPERIENCE DESIGNED TO HELP YOU TURN FRUSTRATION & FATIGUE INTO YOUR HEALTHIEST LIFE EVER.



Hi, my name is Dr. Lana,

I am a busy doctor and a wellness consultant who is fascinated with learning natural ways to address my fatigue, asthma and living as healthy as I can.

This knowledge helps me to restore my energy, improve sleep, keep my asthma well managed and ensures I will be my best self!

I transformed my life, and now my passion is to see you transform yours.

You too, can begin to transform your outlook on your health, and wellbeing!

READY TO GO FROM FRUSTRATED TO *Fabulous*

HERE'S HOW IT WORKS...

The core of The Vibrant Woman Project is our weekly private coaching sessions. This can be done entirely online, through private virtual coaching sessions via Zoom. My clients come from all over the world.

Each week I'll guide you through a new module that dives into a different aspect of holistic health and wellness.

You'll also have access to workbooks and resources to help you implement the lifestyle changes we talk about, and guide your transformation.

Everything is taken care of.

I provide you with all the tools and strategies you need to become the healthiest version of you...and I'll be right by your side, guiding you every step of the way.

you'll get lifetime access to all the materials

Bring your most vibrant, energetic & healthiest self to the world. By the end of this program, you will...

- feel excited every day that you've finally achieved your weight loss goals
- feel calmer, happier, and more in tune with yourself
- know exactly how to eat, to easily maintain your dream weight (for the long-term)
- feel more vibrant than ever before
- achieve the sort of calm wellbeing you hadn't even known was possible
- have transformed your daily routines and rituals to support the best possible version of yourself
- know that you have made changes to help you preventing disease and extend your life



"A GIRL SHOULD BE TWO THINGS: CLASSY AND FABULOUS."

Coco Chanel

"Dr Lana makes you feel comfortable when talking about anything and she has a wealth of knowledge and is so kind."

- Laurena M.

"Dr. Lana's wisdom has guided me, while her talents have balanced me, all leading to greater health and wellness.

I am always looking forward to my next visit with her, and don't hesitate to tell others, because I know they too, will be much healthier and happier after seeing

Dr. Lana.

- Emily McG.

"A very caring doctor who has gone above and beyond for me. She is always bright and upbeat. I love her sense of humour. Just a lovely human being that one enjoys being around.

Highly recommend!!!

Shannon C.

ARE YOU READY TO FINALLY CHANGE YOUR LIFE?

BOOK A DISCOVERY CALL



IS THIS PROGRAM RIGHT FOR YOU?

- you're ready for a step-by-step roadmap for becoming the healthiest version of you
- you're committed, and ready to finally achieve your health goals
- you're finished with restrictive, complicated diets that make you feel like you're constantly starving
- you're keen to elevate your lifestyle

YOU'RE DETERMINED TO MAKE THIS YOUR HEALTHIEST YEAR EVER AND THIS PROGRAM CAN HELP YOU ACHIEVE THE LIFE YOU CRAVE.

IF YOU ARE:

- Ready to finally achieve your weight goals
- Ready to feel amazing & be the healthiest person you know
- Ready to learn a step-by-step system directly from a TCMD & wellness consultant
- Ready to make this your healthiest year ever

THEN I INVITE YOU TO JOIN ME IN THIS LIFE-CHANGING PROGRAM.

READY TO BECOME THE HEALTHIEST, MOST VIBRANT VERSION OF YOURSELF?

Let's talk about whether this program is a good fit for you!

BOOK A DISCOVERY CALL