

# Our Packages



## Gold Programme: 3 Months 1:1 Coaching

### Who it is for:

This option is best for clients with complex or longstanding skin complaints. You may have suffered with skin issues since birth or from a young age with them disappearing and reappearing for no apparent reason. The use of medication including steroids is part of your management of your condition when you have a flare up.

### Our Package includes:

- Comprehensive stool testing and analysis to provide a more in depth picture of your gut and any issues that get to be addressed throughout the programme (This is a more in-depth and accurate test than you'll have ever received from your GP, etc).
- Individual plan and supplement protocols tailored to your specific needs.
- 2x 45 minute clinical calls to discuss your results, supplements and any clinical/technical questions you may have.
- 4x 45 minute coaching calls to support with lifestyle and mindset changes.
- Accountability to help you stick to your agreed actions.
- Meal plans and recipes to assist your individual nutrition needs.
- **Bonus** first £50 of supplements included.
- 10% off supplements for life.
- Access to reduced rates for further testing if required.

### How it works:

After your successful application to work with us, we will arrange your testing. Once the results of the testing have been obtained you will have your first clinical call to discuss the findings and your individual plan.

After that you will have 4 video coaching calls with either Jo or Ben to discuss lifestyle and mindset changes, plus a follow-up clinical call with Ben.

You will be set tasks and asked to provide evidence of accountability tasks for an agreed deadline before your next call. Each call will have a focus based on your initial questionnaire and issues that arise during the programme. We will tackle areas around lifestyle, nutrition and mindset. Our aim is to share all the knowledge we have gained over the years through study and personal experience.

If you are not happy with your coaching experience after 30 days, then we offer a full money back guarantee (minus testing costs). As with every coaching programme you get out what you put in. There will be deadlines and you will be held accountable to support you to reach your goal of healthy, happy skin. We wouldn't be doing our job if this wasn't part of the package! Therefore, this guarantee is only available if you have put 100% in the programme and followed all the guidance provided by us. We only put in this guarantee because we are confident that you will see improvements when you choose to work with us at this more involved level.

### **Investment £1550**

Plan fees are due before the coaching/testing commences. We do offer a payment plan if you need to spread the cost, which incurs a 10% interest charge.

Apply to work with us on our [website](#). Alternatively, book a [FREE 20 min discovery call here](#).

# Our Packages



## Platinum Programme: 6 Months 1:1 Coaching

### Who it is for:

This option is best for clients with complex or longstanding skin complaints that have previously failed to respond to other programs. We go deeper, with more testing and look into factors that we can't cover in the 3 month program.

### Our Package includes:

- Comprehensive stool testing and analysis to provide a more in depth picture of your gut and any issues that get to be addressed throughout the programme (This is a more in-depth and accurate test than you'll have ever received from your GP, etc).
- One further test, which will be the most appropriate from: Organic Acids Test, Food Sensitivity Test, Hair Minerals Test, Stool re-test.
- Individual plan and supplement protocols tailored to your specific needs.
- 3x 45 minute clinical calls to discuss your results, supplements and any clinical/technical questions you may have.
- 7x 45 minute coaching calls to support with lifestyle and mindset changes.
- Accountability to help you stick to your agreed actions.
- Meal plans and recipes to assist your individual nutrition needs.
- **Bonus** first £100 of supplements included plus 10% off supplements for life.
- Access to reduced rates for further testing if required.

### How it works:

After your successful application to work with us, we will arrange your testing. Once the results of the testing have been obtained you will have your first clinical call with Ben to discuss the findings and your individual plan.

Over 3 months, you will have 4 video coaching calls with either Jo or Ben to discuss lifestyle and mindset changes, plus a follow-up clinical call with Ben.

We then run for an additional 3 months, with a further clinical call, and 3 more coaching calls to look into further aspects of your health, and run further testing (or retesting). This allows us to delve into more root causes, and provide a robust plan to ensure symptoms don't reappear. If you come to us with lots of existing food sensitivities, this also gives us time to run a reintroduction phase for these foods.

You will be set tasks and asked to provide evidence of accountability tasks for an agreed deadline before your next call. Each call will have a focus based on your initial questionnaire and issues that arise during the programme. We will tackle areas around lifestyle, nutrition and mindset. Our aim is to share all the knowledge we have gained over the years through study and personal experience.

If you are not happy with your coaching experience after 30 days, then we offer a full money back guarantee (minus testing costs). As with every coaching programme you get out what you put in. There will be deadlines and you will be held accountable to support you to reach your goal of healthy, happy skin. We wouldn't be doing our job if this wasn't part of the package! Therefore, this guarantee is only available if you have put 100% in the programme and followed all the guidance provided by us. We only put in this guarantee because we are confident that you will see improvements when you choose to work with us at this more involved level.

### **Investment £2550**

Plan fees are due before the coaching/testing commences. We do offer a payment plan if you need to spread the cost, which incurs a 10% interest charge.

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# Our Packages



## Follow up Subscription:

Once you complete your 3 or 6 month programme we have a few options for maintenance. You can say “Bye bye!” at this point if you have achieved your goal but know that we will always be on hand should you need support in the future.

Or you can take either a gold or silver subscription which offer two levels of support.

## Platinum offers:

A monthly coaching call and 2 email check ins per month for just £100 per month.

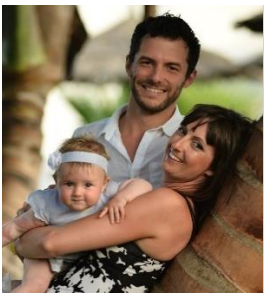
## Gold offers:

2 email check ins per month for just £40 per month.

There are no ties and when you feel that you no longer need support then you can unsubscribe.

Looking forward to working with you soon...

Ben & Jo



[www.happyguthappyskin.com](http://www.happyguthappyskin.com)