

MENOPAUSE SUPPORT SERVICES



healthy
habitz

healthy habitz

BY Jackie

Jackie helps women in midlife cut through the confusion, calm inflammation, and understand what their bodies truly need.

Through simple science-backed testing, personalised nutrition, and grounded coaching, she guides women to reclaim their energy, balance, and confidence without overwhelm or complicated protocols.

Her own experiences - from personal struggles to professional triumphs - fuel her deep empathy for the women she works with. Every challenge she's faced has made her stronger, more compassionate, and deeply committed to helping others heal.

She doesn't just treat symptoms - she empowers women to take control of their health, proving that transformation is always possible.





HOW THE MENOPAUSE SUPPORT PATHWAY WORKS

1. Questionnaire

Complete a short online questionnaire about your symptoms and health.

2. Check-In

Book a free 15-minute Menopause Check-In call.

3. Menopause MOT

If appropriate, move into a Menopause MOT assessment.

4. Personalised Support

From there, personalised support is recommended based on your needs.

MENOPAUSE CHECK-IN

FREE

A short online questionnaire plus a 15-minute call

- Helps clarify what you're experiencing and what support may help
- The starting point for all new menopause clients



MENOPAUSE MOT™

£597.00

A Comprehensive Menopause Assessment

- Approximately 2-hour appointment
- Includes an in-depth discussion of symptoms, health history, and dry blood spot testing where appropriate
- No acupuncture included
- Provides clarity and guidance on the most appropriate next step



MENOPAUSE VITALITY RESET™

£2997.00

A Fully Guided 16-Week Programme

- A structured programme offering education, coaching, and personalised support
- Delivered online or in person
- Suitable for UK and international clients
- Acupuncture is included only where appropriate

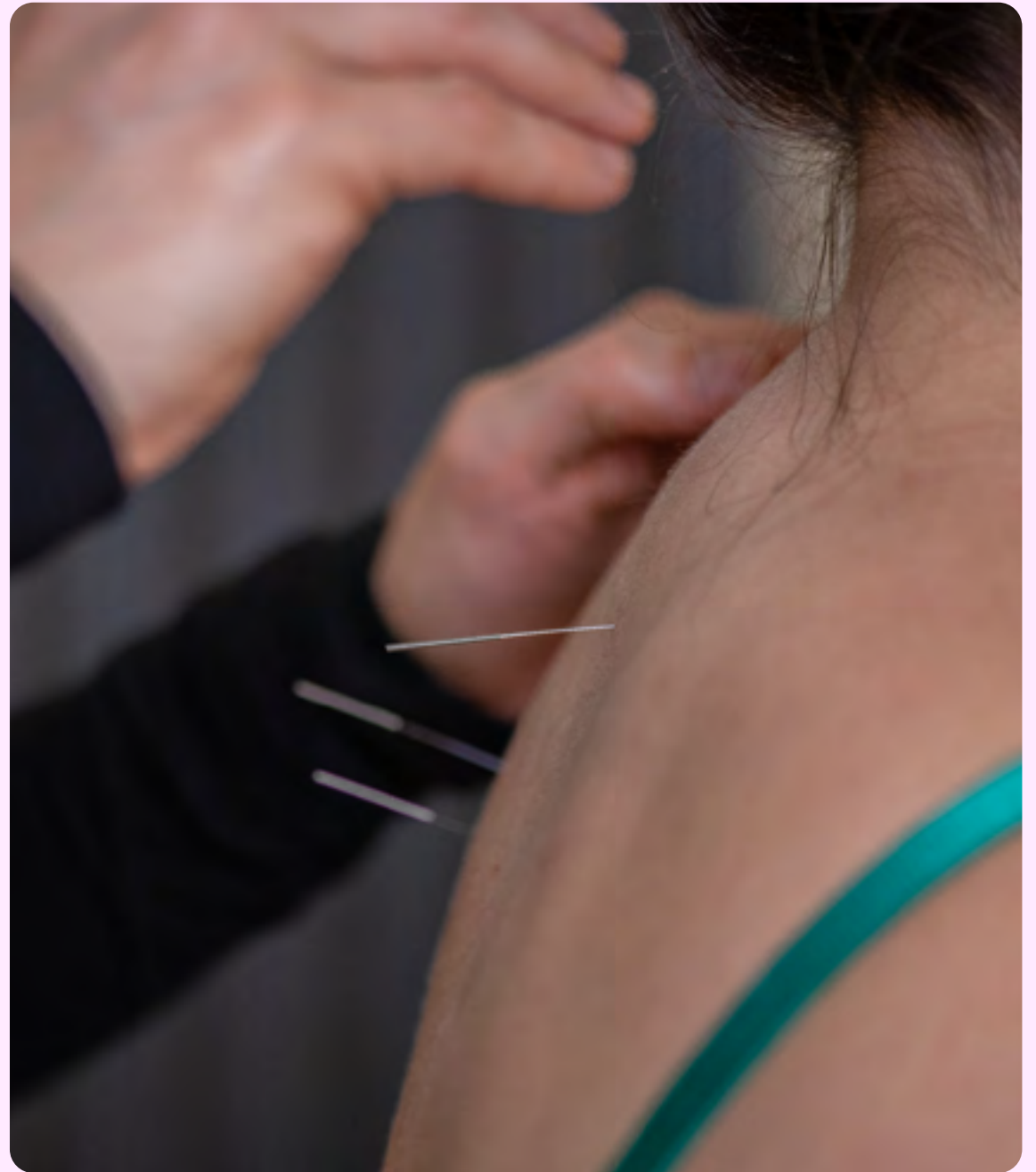


MENOPAUSE VITALITY RESET™ PLUS

£4447.00

16-Week Programme + Coaching & Acupuncture

- Includes everything from the full 16-week programme
- Plus acupuncture sessions for local, in-clinic clients
- Acupuncture is included





WHAT YOU SHOULD KNOW BEFORE WE START

Testing

Testing is used to help build a clearer picture of what your body needs

Support

Not everyone needs the same level of support (recommendations are always personalised)

Guided Support

Jackie will guide you through options and help you decide what feels right



