MENOPAUSE SUPPORT SERVICES

healthy habitz

healthy habitz BY Jackie

Jackie helps women in midlife cut through the confusion and understand what their bodies may need during perimenopause, menopause and beyond.

Through simple testing, personalised nutrition, lifestyle support and grounded coaching, she helps women make sense of their symptoms and take practical steps towards better energy, balance and confidence.

Her approach is compassionate, thorough and individual. Rather than offering a one-size-fits-all menopause plan, Jackie looks at the whole woman: symptoms, history, stress, sleep, digestion, inflammation, energy, lifestyle and emotional wellbeing.

The aim is to help women feel clearer, more supported and more confident about the next step for their health.

Complete the questionnaire and book your free Menopause Check-In

HOW THE MENOPAUSE SUPPORT PATHWAY WORKS

1. QUESTIONNAIRE

Complete a short online questionnaire so Jackie can understand your symptoms, health history and current challenges.

2. CHECK-IN

A 15-minute call to talk through where you are now and whether Jackie's approach feels right for you.

3. MENOPAUSE OPTIMISATION AND TESTING

If appropriate, you'll be invited to book a deeper menopause assessment with testing and personalised guidance.

4. PERSONALISED SUPPORT

After the MOT, Jackie will recommend the level of support that best fits your symptoms, goals, capacity and lifestyle.

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MENOPAUSE CHECK-IN

YOUR FIRST FREE STEP

A short questionnaire followed by a 15-minute call to help clarify what you're experiencing and whether Jackie's menopause support is the right fit.

- This is for you if you're feeling overwhelmed, confused by symptoms, unsure where to start, or ready to understand what your body may need next.
- The Menopause Check-In is the starting point for all new menopause clients.

Book your free Menopause Check-In

MENOPAUSE OPTIMISATION AND TESTING

A comprehensive menopause assessment designed to give you clarity

The Menopause MOT is for women who know something feels off, but are tired of guessing, Googling, pushing through or being told everything is “normal”.

This appointment gives us time to look properly at your symptoms, health history, lifestyle, stress, sleep, digestion, energy, inflammation and hormonal changes.

- Approximately 2-hour in-depth consultation
- Review of symptoms, health history and lifestyle factors
- Four dry blood spot tests where appropriate
- Personalised interpretation and guidance
- A clearer understanding of what may be contributing to how you feel
- No acupuncture included in this appointment

OUTCOME

You leave with more clarity, less confusion and a practical understanding of what your body may need next.

Book your free Menopause Check-In to see if the MOT is the right next step

MENOPAUSE VITALITY RESET

Personalised support to help you restore energy, balance and confidence

The Menopause Vitality Reset is for women who are ready for structured support beyond a one-off appointment.

This is not a generic menopause programme. It is built around your symptoms, test results, lifestyle, nervous system, responsibilities, capacity and goals.

Depending on your needs, support may include:

- Menopause education and coaching
- Personalised nutrition and lifestyle guidance
- Sleep, energy, mood and stress support
- Nervous system regulation tools
- Supplement guidance where appropriate
- Ongoing accountability and compassionate support
- Online or in-person delivery

OUTCOME:

You leave with more clarity, less confusion and a practical understanding of what your body may need next.

Start with a free Menopause Check-In

MENOPAUSE VITALITY RESET PLUS

Deeper support combining coaching and acupuncture

The Reset Plus pathway is for local clients who would benefit from both menopause coaching and in-clinic acupuncture support.

This may be suitable if you are experiencing more complex symptoms, disrupted sleep, high stress, pain, inflammation, fatigue, nervous system overwhelm or a combination of physical and emotional symptoms.

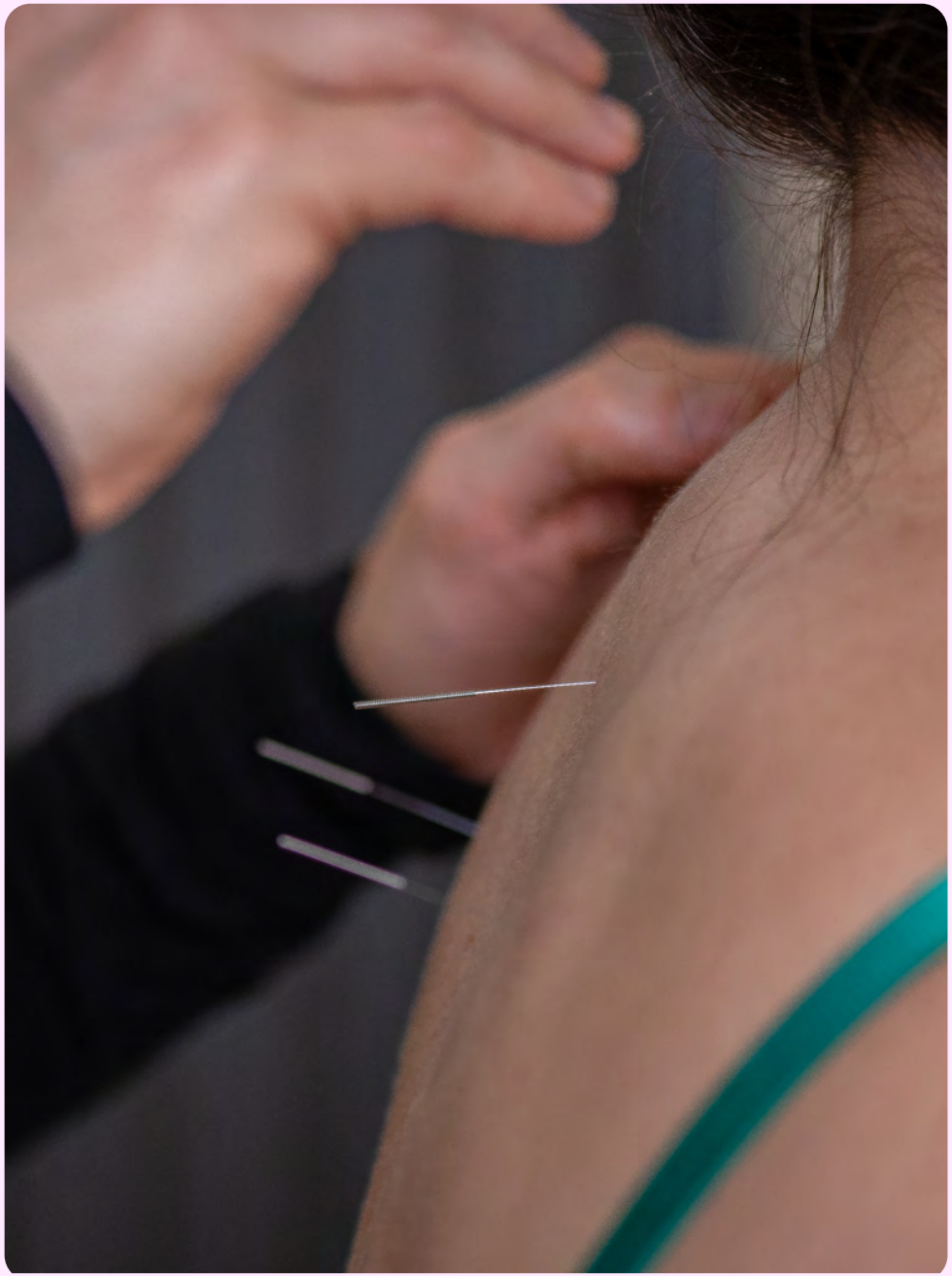
Support may include:

- Personalised menopause coaching
- In-clinic acupuncture where appropriate
- Support for sleep, stress, pain, inflammation and energy
- Regular review and adjustment as your body responds
- A more supported, held experience for women who need in-person care

OUTCOME:

You leave with more clarity, less confusion and a practical understanding of what your body may need next.

Book your free Menopause Check-In to see if the MOT is the right next step



BEFORE WE START...

Every woman's menopause experience is different.

- Some women need clarity and reassurance.
- Some need testing and a practical plan.
- Some need deeper support over several months.
- Some need coaching, acupuncture, lifestyle support and ongoing accountability.

That is why Jackie does not force every woman into the same package.

TESTING

Testing helps build a clearer picture of what your body may need and can guide more personalised recommendations.

PERSONALISED SUPPORT

Your next step is recommended based on your symptoms, test results, health history, capacity, goals and preferences.

NO PRESSURE

The first step is simply to understand where you are now and what kind of support may be right for you.

GUIDED DECISION

Jackie will talk you through your options so you can make an informed, confident choice.

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READY TO UNDERSTAND WHAT YOUR BODY NEEDS NEXT?

Complete the questionnaire and book your free Menopause Check-In

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