



## Woman Incredible Platinum Mentorship Module Overview

### why the whole 'module' thing anyway?

As you'll notice below, the idea is that we initially lay a foundation and basically assess where you're at, and that after that each module builds on the previous to deepen your knowledge of ideal nutrition, hormonal manipulation, lifestyle behaviours, supplements and training for you. The initial two modules are a fairly 'soft' entry, and after that things really start to pick up in terms of depth and I guess 'newness' of information!

### Module 1: Where Are You Now?

Learn what is actually important to track and be aware of when it comes to the way you eat; gain a clear understanding of where you are now and how your food choices are affecting the way you look, feel and function. There is also an assessment of your current eating habits, guides to how to know which foods work for you, ideal meal frequency, overview of the macronutrients proteins fats and carbs. Whew!

### Module 2: The Perfect Diet For You

Learn about meal timing and size; specifics on how to eat for ideal fitness, function, and (yes) on how to create the perfect diet for you to achieve a rockin' body!

### Module 3: The Science of Great Training

I'll teach you how to progress or regress any given workout, how to structure training for fat loss (and other goals), and how to tune in to your changing training needs. It's going to be great!



## **Module 4: Insulin; The Fat Storage Hormone**

I'll teach you the good, bad and the ugly of this prominent hormone, as well as just how you can manipulate it to work for rather than against you. Estimates are that over half of Western world women (some say up to 80%) are mildly or deeply resistant to insulin, and considering its ability to control your body fat despite how you eat or exercise it is one hormone that I know you want to know about!

## **Module 5: Everything You Could Ever Know About Protein**

Everything is a pretty big call! I guess if I'm being completely accurate I should call this module 'everything I currently know about protein' ... but that wouldn't sound quite the same, would it?

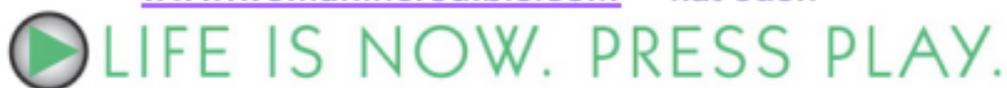
In Module 5 you will learn the key differences between animal and plant proteins and how to get the best of either. We will cover the many different important functions that protein has in a healthy body, with a specific focus on detoxification, hormonal balance, protein digestion (and what to do if it's not quite working) and fat loss. We'll also talk about ideal protein quantities for different types of people (including you of course!), and how lifestyle can impact your protein needs. And, of course, there will be some super-delicious-protein recipes to enjoy.

## **Module 6: Toxicity, Your Health And Fat Loss**

I'm extremely passionate about advancing my own knowledge when it comes to the many ways living in a modern world impacts our basic health and ability to feel and function our best. You should be equally as passionate about this topic, because the truth is that your body has to process an average of over 500 different chemicals each day! An increased toxic load can slow or halt fat loss, fog your brain, mess with your hormones, and even wreak havoc on your ability to digest and utilise a range of different foods.

Learn how to deal with toxicity in the modern world without becoming a cavewoman in this important module.

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## **Module 7: Everything You Could Ever Know About Carbs**

How much carbohydrate is too much for fat loss? For health? For energy? And how much is NOT enough, if there is such a thing? When is the best time of day to really eat carbs, how much of the stuff should you have, and which ones are the healthiest choices? Also - which ones are good choices for treat meals?! Learn all this and more in Module 7.

## **Module 8: When Clean Eating Doesn't Work: Food Exceptions**

Learn about some common factors that could be holding you back from getting results despite doing everything right. In this module we will talk about identifying and dealing with intolerant foods, about common food intolerances and how to heal your body of them, and we'll also cover some of the popular different diets out there. We will additionally talk about treat meal rules - a crucial component of a clean diet!

## **Module 9: The Cortisol Connection**

Cortisol is a hormone designed to turbo-charge you when something unexpected and stressful happens. It's also what helps you feel alert in the morning and during times of focus, like training. But when life is always busy and stressful? You start to have too much of the stuff running around. Learn about adaptogens, and how to handle stress and create real balance whilst still living your busy life, and manage the effects of this (other) fat storing hormone.

## **Module 10: Everything You Could Ever Know About Fats**

Seriously! Everything! Eliminating fats from your diet completely would result in death. So obviously we need them, but which ones are best? And how much should you really have in order to strike the balance between eating fat to lose fat and eating fat 'cause you just can't stop? Learn it all in Module 10.



## **Module 11: Estrogen: The Lean Legs Hormone**

Estrogen is one stubborn hormone when it comes to detoxing. So why bother? Well, elevated oestrogen (particularly from synthetic sources) can not only increase fat storage in your lower body (as you have a lot of oestrogen receptor sites around your gluts and thighs), but it can increase risk of all types of cancers and lower libido and fertility. It can also make you moody and grumpy, with bad breath! Definitely a module to watch out for.

## **Module 12: The Science of Beating Cravings and Emotional Eating**

This is one that is very close to my heart, given my history of successfully battling an eating disorder. But personal reasons aside, a very large majority of the women I work with struggle with some form of emotional eating. If you would include yourself in this group, or if you are just sick of constant sugar cravings, then this is going to be one of the most practical modules for you.

## **Module 13: Dynamic Digestion 101**

You've heard the saying 'you are what you eat', yes? Well the truth is you are not what you eat but what you eat and also digest! Meaning, without great digestion you don't get the benefits of your food and you will struggle to detoxify stored fat. In this module we will cover good bacteria, fermented foods, raw foods and other popular approaches to improving digestion as well as some smart tips that have worked for me and for my clients.



## **Module 14: Red Flags on Deeper Issues - Mercury, Thyroid and More**

As we progress through your Platinum Mentoring you'll notice that the knowledge just gets more in depth. We've all had moments in our life where despite doing 'everything right' things just don't seem to be working. In this module you'll learn about some of the underlying factors that can stop you getting results no matter how well you eat and train. And, of course, you'll learn what to do about it.

## **Module 15: Living the Good Life!**

Travel for work or please, social nights out, or just the occasional relaxed night in - there is nothing wrong with some time away from your normal regime. In fact, to avoid this would be a mistake on many levels. But if you still like to be a little bit of a control freak like I do, you'll be happy to hear that I'll give you smart and quick solutions for training and healthy eating while still living the good life.

## **Module 16: Sleep, Rest and Your Hormones**

Sleep, stress, and results for health or fat loss are closely interlinked. Take the Woman Incredible VIP Platinum Mentoring Sleep and Stress questionnaire to find out if you could be holding yourself back. Learn about your circadian rhythms as well as the hormonal ins and outs of ideal rest and stress management.

## **Module 15: Lifestyle Makeover**

The cherry on top of a great training and nutrition lifestyle is addressing all of the little things that can make such a powerful difference. But how to know what is actually important as opposed to what just sounds good? We'll explore organic food, making healthy eating more interesting, ideal food preparation and food sourcing, and much more!



## **Module 16: Energy**

Have you ever wondered why you still have complete slumps of energy despite being quite (or very!) healthy? The truth is that being energised all of the time is probably not possible. But that's not to say you can't get very very close. In this module I'll share with you the smartest and most effective energy boosting tips to maximise all of your hard work and investment.

## **Module 17: Hair, Skin and Nails - Beauty Special**

Let's be honest. Part of the reason we concern ourselves so much with eating right and training hard is to look good! Sure, health and energy are key as well but we all like to feel proud with what we see in the mirror. Learn about some of the key nutritional and lifestyle factors to create beauty from the inside out rather than trying to paint it on!

## **Module 18: Where to From Here**

You'll have to wait and find out :)