



THE Kidney Health REBOOT

A groundbreaking 90-Day Coaching Programme for Women 40+ with early stage CKD who want to improve their kidney health so they can stop worrying, reclaim their energy and confidence and get on with life.

Hello, amazing, caring, hard-working woman!

You're a **warm, intelligent woman**, dedicated mum and partner, and the heart and soul of the household. You're the one who keeps it all together, gets things done and puts others first.

You're **passionate about giving your loved ones a warm, stable environment** ensuring everyone (including your pets) is happy and doing well. You value family, traditions, socialising and nature.

Routine gives you a sense of certainty and stability. You thrive on having things organised and under control, which allows you to **balance work and home life, and plan ahead.**

But, lately (or maybe longer...)



- You've been waking up with **no energy** to show up for work and family and get things done. Fatigue hits you from late morning onwards and it feels literally **impossible to get through the day** without napping.
- You feel as if you **can't function at the same pace as everyone else** around you. It's like burnout without a reason. You don't want to be a burden but just can't hide your exhaustion from your loved ones.
- The long wait until your next blood test results feels endless, leaving you **anxious** about whether your numbers will mean a drop in kidney function.

- You **stress** about whether having CKD will impact on other health problems you've been struggling with or destabilise your treatments regime.
- You want to know **what to do next**, but your questions to the doctor about diet or lifestyle guidance at this stage of CKD, are met with silence.
- You're left feeling abandoned, and confused trying to work out what all this means for you. You search the internet for reliable answers, **but it's like navigating a minefield** ... on your own.

If you're being honest with yourself...

...you're at your wit's end. It seems like control of your life is slipping through your fingers, and those around you **don't seem to get what you're going through** every day.

And if something doesn't change?

You're frightened that your CKD will progress, that you'll end up feeling even worse, taking more pills, and may eventually need dialysis treatment..

Do you relate?

Now let's imagine something different...

What If...



- ...you were able to wake up **feeling rested, with sustained energy** throughout the day to show up fully and get things done....
- ...you could **speak to a real person who has relevant knowledge** and could signpost you to reliable resources, to help you make confident choices around kidney supportive diet and lifestyle ...
- ...you could not only begin to **rediscover the joys of having more energy** again, but also be feeling fitter, healthier and happier in your own skin...

...without the need to completely cut out your favourite foods, or to add more pills or bank-breaking supplements to your regime, while fretting about them interfering with your ongoing treatment?



Here's The Problem.

- Sadly, our environment and food supply is **laden with hidden toxins** that drain your energy reserves, and burden your kidneys. And how are you meant to know that certain pills, drinks and foods can even harm your kidneys?
- Conventional medicine **does not address the deeper causes** of fatigue (or high blood pressure, which can lead to kidney problems).

- CKD can progress silently. Often kidney problems are found merely by accident, via blood tests done for other reasons. **You may only learn there is an issue when you've already lost 40% or more of your kidney function!**
- Being told you've now (also) got CKD is **frustrating** to say the least, because you followed all the medical advice and prescription regimes diligently, unaware of the various risks that can lead to kidney problems.
- In the UK, you only get specialist diet and lifestyle input to preserve kidney function when your condition is classed as 'severe' **(so what changes can you make NOW, to prevent your numbers plummeting?)**

I see many people just **give up and accept that they have a chronic disease** that will inevitably progress, no matter what.

And who could blame them?

When you're faced with navigating the news of a recent CKD diagnosis on your own, it's so easy to feel **totally overwhelmed** and procrastinate, isn't it?

**I'm here to tell you that it doesn't have to be like this.
There is another way.**

I Want To Talk!



Hi, I'm Mel,

a trained kidney nurse and Integrative Health Practitioner. If you're a woman in your 40s or beyond and have recently been diagnosed with early stage chronic kidney disease (CKD), I understand how overwhelming it can be.

My own journey with kidney disease began when a close family member was diagnosed with Polycystic Kidney Disease, a form of CKD, after struggling with kidney stones.

The diagnosis of a chronic illness hit us hard. The doctor's advice to simply take blood pressure medication, limit salt, and 'wait and see' was truly disheartening. I mean, was this it?

Waiting for the next round of tests felt like an eternity, filled with 'what ifs' and worrying about how this diagnosis would impact our lives and family.

We turned to the internet for answers, only to feel overwhelmed by the sheer number of different 'kidney diets' and conflicting advice. It was a minefield and honestly, we just felt lost.

Ironically, I would later go on to spend over 12 years of my nursing career caring for patients with end-stage kidney disease on dialysis.

I get how much of a rollercoaster ride a CKD diagnosis can be, physically, emotionally and mentally. And there is a good chance you might even be juggling this on top of other ongoing health issues, too. I am here to help.

My programme shows you how to improve your kidney health so that you can stop obsessing about your numbers, ditch the fatigue and reclaim your energy and freedom to live your life.

I'm excited to bring you...

THE
Kidney Health
REBOOT

**Your 6-step CKD Body Balance Method
to Better Kidney Health, Renewed Energy and Confidence**



[Book A Complimentary Qualifying Call](#)

What Makes This Programme Different?

Mainstream healthcare doesn't provide much support or clear guidance for women like yourself who have been hit with a diagnosis of Early Stage Chronic Kidney Disease (Stage 1 - 3b). Trying to find information on eating well during this stage can feel like navigating a minefield . But changing your diet is just one part of the solution.

Doctors are trained to focus on numbers like kidney function and blood pressure, and may advise you to cut down on salt. Different parts of the body, including the kidneys, and their symptoms are treated in isolation as if they're separate. This isn't so. In reality, EVERYTHING is interconnected!

My programme goes much deeper and helps you connect the dots, incorporating highly personalised and comprehensive lab testing (HTMA) to examine your health at cellular level, and walks you through a refreshingly simple process I call the **6-step CKD Body Balance Framework**. Together, we shift the focus from 'fighting kidney disease' to understanding and **supporting kidney health**.

You'll be guided through easy to implement action steps that will help strengthen your kidney health and boost your energy without interfering with conventional treatments or you needing to spend money on unnecessary supplements.

I believe there is no other programme such as this that integrates conventional medicine guidance and years of nursing experience in kidney care with a wider-lens approach using natural methods to improve energy, sleep, emotional balance, hormone and gut health, mindset, plus lab testing to inform recommendations. If you do see one, please let me know!

Why I'm Different...

- Genuine expertise - I have over 12 years experience of nursing patients with end stage kidney disease.
- I have spent over 30 years studying conventional and traditional health approaches and can give you recommendations on both, to give you best results.
- I am trained in using and interpreting specialist mineral testing (HTMA), so I can uncover your root cause.
- I will teach you everything you need to know and help you implement it.
- As a holistic practitioner, I have helped dozens of women reclaim their sense of wellness, and I can help you navigate your specific challenges.
- I see and treat you as an individual understanding that you have your own unique story and challenges, and I care deeply about seeing you succeed.

I Am Ready To Connect!



How It Works...

When you enrol in the **Kidney Health Reboot**, we'll start off with targeted testing to uncover what is driving your loss in kidney function. I will develop a personalised plan for you specifically designed to strengthen your energy systems. From there, I'll guide you through my **6-Step CKD Body Balance Framework**...

STEP 1: Kidney Essentials

Step 1 is all about regaining control. I'll help you understand your kidneys and why you are feeling the way you do. We'll tackle stress, blood pressure, and medications from the start with simple strategies. You will get tools like monitoring sheets, helpful

videos, and handouts to make it easy. Plus, we'll demystify key kidney tests, so you know what your numbers mean for you.

STEP 2: Foundations of Healthy Fluids & Diet

Modern living means we ingest toxins in our water and food. They harm your kidneys and affect your energy levels and mood. In Step 2, you learn to master the foundations of clean hydration and eating, to protect your kidneys, and empower you to make good choices next time you go to the shops. You'll be amazed at how small, daily changes can help you feel better, fast.

STEP 3: Exercise For Energy

Exercise is fundamental for your wellbeing and boosts your energy levels, but not all exercise is right for everyone. I'll help you set appropriate and realistic goals, stay on track and gently rebuild your stamina based on where you are at right now, so you can get your 'get-up-and-go' back, instead of crashing on the couch halfway through the day.

STEP 4: Sleep, Rest & Self-Care

Quality sleep allows your kidneys (in fact the whole body) to rest, repair and reset. In Step 4, I'll provide you with practical tips and strategies and soothing self-care practices to help you enjoy rejuvenating sleep again, meaning you feel rested in the morning and have sustained energy throughout the day.

STEP 5: Mindset & Emotions

The way you think and feel has a direct impact on the physical body and energy levels. Fear and anxiety DRAIN your energy and trigger a stress cascade in the body, which weakens your kidneys. In Step 5, I'll teach you how to transform stress and anxiety into increased energy and calm. Get ready to say goodbye to emotional rollercoasters and midday energy dips!

STEP 6: Lifestyle Mastery

Clean living can be refreshingly uncomplicated! In Step 6, we dive deeper into cleaner lifestyle mastery, to help safeguard your kidney function. We explore your personal toxic load (expect surprises!) and enable you to craft a kidney-supporting lifestyle. Move from “Trying to get my head around what to do and where to start?” to feeling confident and empowered around everyday lifestyle decisions.

7 Private Coaching Calls (up to 60-minutes)

We'll get together via Zoom every 2-weeks and discuss your progress and challenges. One of these calls will be a lab result review, with personal recommendations for you. We will troubleshoot problems together and I support you as an accountability partner to keep you on track on your journey towards improving your energy and kidney health.

Unlimited Email Support (90-days access)

No need to feel you are on your own between sessions, as I am here to answer your emails and provide the support you need via email within 1 to 2 business days, from Monday to Thursday.

Weekly Accountability Check-ins (90-days access)

It can feel tough to implement and maintain new habits and routines when you are the only one keeping yourself accountable, but with our weekly check-ins via email, I will keep you on track. I completely understand that life can throw you curveballs, but don't worry, we'll create a plan to support you and get you back on track even if you stumble.

Lifetime Access To Resources

Our recorded calls will remain accessible for you whenever you need a reminder or a motivational boost, and all the resources we use in the programme are yours to keep for good.

Let's embark on this transformative journey to better kidney health together, unlocking your vitality, confidence in the future and peace of mind in the process.

Your well-being is worth investing in, and I am here to guide you every step of the way!

Book In For A Qualifying Call

Who Is This Programme For?

- Overwhelmed women 40+ with a recent diagnosis of early-stage chronic kidney disease (Stage 1 - 3b) who are looking for support and step-by-step guidance in how to strengthen their kidney health.
- Open-minded women with CKD who are seeking an empowering holistic solution to boosting their energy levels and sense of wellbeing.
- Women with CKD who want to feel empowered to take positive action in between kidney doctor reviews instead of spending months losing their minds worrying.
- Women who have a condition that means they have a higher risk of developing chronic kidney disease (such as high blood pressure, diabetes or heart problems), who want to protect their kidney health.

Who Is This Programme NOT For?

- Women in late stages of chronic kidney disease (stage 4 and 5) who are near the point of starting or are already on dialysis. Women who have a kidney transplant. Health needs change a lot at this time, and my program does not cater for this as it has a prevention focus.
- Women in advanced stages of chronic kidney disease that is genetic and runs in the family, for example Polycystic Kidney Disease (PKD).
- Women who are looking for a quick-fix or miracle solution (restoring health is a process and can take time).
- Women who are looking for a diagnosis, medical advice or prescription drugs to fix their fatigue and other symptoms - I am not a qualified doctor and therefore can't provide this.
- Women who are looking for specialist advice on managing diabetes and or weight loss. This is outside of my field of expertise as a practitioner.

If you are longing to experience less fatigue and anxiety to spend your days productively without energy dips and worrying about how you'll get through the day, then ***The Kidney Health Reboot*** is a perfect place to start!



Let's break down what you get when you join

THE
Kidney Health
REBOOT

90-Day One-To-One Coaching Programme
6-Step CKD Body Balance Method (lifetime access)
Hair Tissue Mineral Analysis (HTMA) Test
7 Private Coaching Calls
Weekly Accountability Check-in (90-days access)
Unlimited Email Support (90-days access)
Tailored lifestyle and foundational diet recommendations

Are you ready to leave endless worrying and fatigue behind
and welcome energy and confidence back into your life?

Let's go on a truly transformative journey together towards
better kidney health and start living your life again.

**Invest in yourself to be at your best for the people who matter to you.
I am here to guide and support you every step of the way.**

The programme starts as soon as you enroll!
I have **5 spots available at special founding members' pricing.**
Once these places are filled, the programme price will increase.

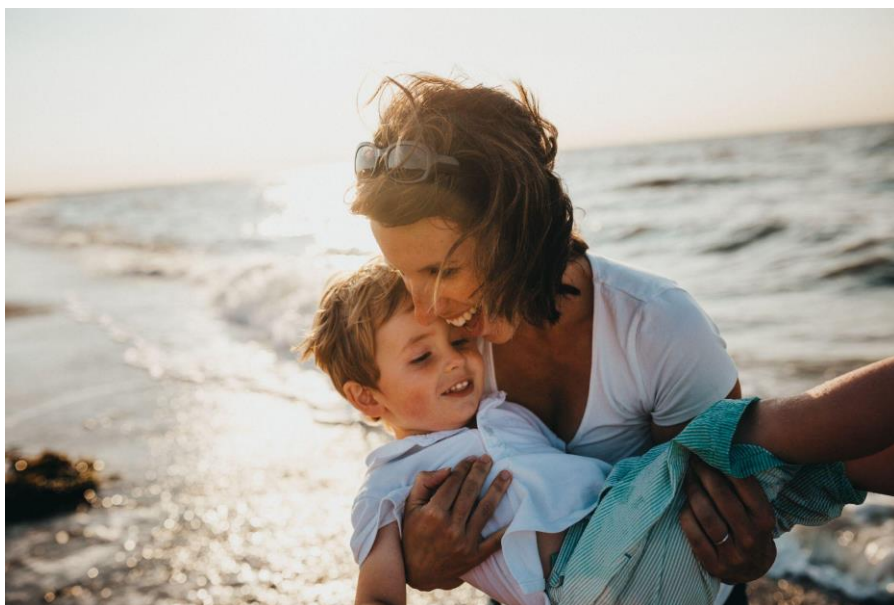
Book a complimentary information call before September 2024,
to take advantage of this special offer.

Schedule A Call Now

Here is what clients say about working with me...

“Melanie is extremely professional and knowledgeable in all aspects of health and well-being, and uses this wealth of expertise to expertly guide, and make recommendations. I have been massively impressed, not just with her professionalism and knowledge, but also her compassion and positivity.”

Lottie, West Yorkshire, UK



Frequently Asked Questions

When does the programme start?

Keen to get started? So am I! You can start as soon as you feel ready. I believe that opportunities find us when the time is right, so if what you are seeing resonates with you, book a call and let's do this!

When does the programme end?

The Kidney Health Reboot is a 3-month programme.

Is this programme only for women?

The programme was created with women in mind, but my 6-Step CKD Body Balance Method will work for all adults with early stage chronic kidney disease.

I am on prescription drugs. Can I do the programme while receiving conventional healthcare for CKD and other conditions?

Yes you can. Coming from a healthcare background myself, I've designed the programme to support and complement conventional treatments and therapies.

Are you a qualified Kidney Dietician?

I'm a kidney nurse, not a specialised dietitian for kidneys. In early CKD, UK national guidance recommends eating a healthy, balanced diet. My programme shows you how to do this, to help keep your kidneys as strong as possible.

How does it work with paying for *The Kidney Health Reboot*?

You'll have the option to pay in full or access a generous payment plan. Simply book a call and we can discuss the payment option that works best for your financial situation.

Are supplements included?

The programme price does not include supplements, because I don't believe in a 'one-size-fits-all' approach. My recommendations will be guided by your test results and tailored to your specific needs.

How long until I see results?

Whilst I can't guarantee that you will see specific numbers on your next blood test, I am confident that you'll start feeling better in yourself within a few weeks of the programme, if you implement the steps and do the work.

What is your refund policy?

I don't offer refunds. If you have any concerns during the programme, please reach out for support.

I'm Ready To Boost My Kidney Health!

