

House of Health

MASTER YOUR WEIGHT

with us!





House of Health

**ARE YOU READY TO PERMANENTLY
LOSE STUBBORN WEIGHT, GAIN
YOUTHFUL ENERGY, AND HAVE MORE
CLARITY AND CONFIDENCE THAN EVER
BEFORE?**

Let us give you 100% clarity on the steps you need to take to safely and permanently balance your weight so that you can create the vibrant, healthy, and happy life of your dreams!

ABOUT US

The Metabolic Reset Program is a weight balancing and lifestyle program designed to help people with unresolved weight loss and inflammatory issues.

The program focuses on making better long-term choices for your health. It's a simple-to-follow 10-week program in which you will learn how to balance weight safely and permanently for the rest of your life.

It's a mind, body and spirit approach to weight optimisation, where we emphasise what contributes to weight such as sleep, digestion, stress, toxins, and other lifestyle factors.



THE METABOLIC RESET

program

What makes the program effective?
Our **9 pillar** approach.

01

Nervous System Reset

One of the secrets of health and personal mastery is reclaiming your nervous system. When you are in control of your nervous system, you are literally in control of all your organs, cells and biochemical processes. Thankfully nothing in your body happens by random chance. We teach you how to take control of your nervous system to help you reach a deep state of healing and balance.

02

Rest and Recovery

The most effective healing strategy is the exact opposite of what most people do - rest! When we rest, we tap into our body's innate healing abilities and create a profound shift in the hormones we produce. This program addresses the root causes of poor energy and sleep by digging deeper into ways you can naturally improve your sleep.

03

Nutrient Dense Meals

You can eat more and lose weight, the key is to know what to eat for your body type. During the first 6-weeks you will eat a nutrient-dense, hypo-allergic, and anti-inflammatory diet. You will have an unlimited intake of certain foods (veggies and greens) with a balanced intake of lean protein, starches and fruit. This will assist with improving digestion, decreasing inflammations, balancing hormones and managing insulin levels. After this period we will reintroduce all other foods and we will pay attention and learn which ones are good for you. During this time, we will also explore the science of how to eat in order to achieve better health outcomes.





04

Narrower Eating Window

When it comes to nutrition, one of the most powerful changes you can make is to narrow your feeding window. And by making healthier food choices, you'll stabilise your appetite, have fewer cravings, and allow your digestion, immune and detoxification system heal. Combined with an anti-inflammatory whole-food diet, this is a powerful way to improve your metabolism and energy levels and address hormonal imbalances.

05

Gut Healing

Optimal health throughout the whole body starts in the gut. Hippocrates knew this 2000 years ago. Modern science confirms this and adds evidence that chronic inflammation often begins in the gut and leads to most modern health conditions (cardiovascular disease, cancer, diabetes, osteoporosis, cognitive decline, weight gain, fatty liver disease, among others). You will learn how to take care of your microbiome and how to transform it in a way that works towards improving your health and weight balance.

06

Joyful Movement

We are all so blessed to have an amazing articulating body to express ourselves with. Joyful movement is something that you look forward to everyday that brings a smile to your face and unites you with both the present moment and your body. In this program we give your body a chance to heal by having you implement movement that is more healing in nature vs. movement that is intense, stressful and time-consuming.

07

Supplements

We will use a combination of herbs, micronutrients and pre & probiotics to help your body reset. In each step of the program different natural products will be used to reset your nervous system, decrease inflammation and improve your metabolism, your lymphatic drainage and digestion.





08

Loving Awareness

When in doubt, love is always the answer. Your journey to your best self starts with loving yourself enough to want to become the highest version of YOU. Collectively we can create a loving world for ourselves and our children. We help you to become more self-aware and have a deeper connection with yourself and those around you.

09

Community

Community is one of the most important aspects of health and longevity. We create a small community of health-minded people on the same journey to help support you along the way. We meet on a weekly basis to reflect and learn new things and we keep in touch in between sessions through our WhatsApp group.

We get long-lasting health results because this program is so much more than weight management!

HERE'S WHO WE *help*

- You are overwhelmed, confused, sceptical, and sick and tired of trying the next fad diet, workout routine and supplements and have never experienced any real change or lasting results.
- You are ready to implement simple, sustainable lifestyle strategies that will help you permanently balance your weight, feel confident, energetic, and at ease all day long! But most important you are ready to master you health!





WHO THIS PROGRAM

is not for

- You're looking for a quick fix or temporary solution.
- You're not coachable or looking to grow. You're committed, but not really.
- You're not ready to make healthier choices.
- You don't want to change your eating habits or your life style.

OUR approach

First, 60 min free discovery session: let's find out if this is the right program for you. No commitment! We will ask you about your personal goals, medical history, symptoms, food diary, anthropometrics, lab results (if any), physical activity and lifestyle. At the end of the session we will make an evaluation.

Second, we will identify a group for you. We like to work with groups of 6 people, so the experience is intimate, safe and supportive. Research shows that long-term healthy behaviours are more easily maintained when we are surrounded by supportive networks. Unfortunately many of us are surrounded by well-intended detractors. The objective is that during the 10 weeks, the group would bond in such a way that after the program you will continue supporting each other for a long period of time. The best option would be to find some people who you know would like to join this journey with you, but in case that is not possible you will join a waiting list until we find a compatible group for you. Sessions can take place remotely or in person (Portugal - Viana do Castelo district), based on the preference of the group.





Third, we will meet weekly as a group for 90 min for the duration of 10 weeks. In our first session, we will get to know each other, we will explore the basics of the program, you will receive a manual with simple guidelines and the supplements of phase 1. During the following sessions, we will reflect on our previous week, have a Q&A and support each other. We will also learn some new theories and decide which new life-style shifts can we commit to for the following week. In between sessions the group supports each other via WhatsApp.

Cost: 350 Euros (*10 sessions & materials*). You can pay in instalments.

**Magic happens in a community of like-minded,
heart-centered individuals traveling the same path!**



IT'S TIME TO SAY GOODBYE TO

- Excess weight
- Low-energy levels
- Poor Sleep
- Cravings and emotional eating
- Pain and inflammation
- Hormonal imbalances
- Calorie-restriction diets that don't work
- Intense workouts
- Yo-yo dieting and the weight-loss rollercoaster
- Low self-esteem and low self-confidence
- Brain fog
- Feeling hopeless that things will never change

Three HEALTH MYTHS

01

"I've tried everything!"

We hear this often from new patients who feel they've done everything they can to get better. However, once we work with them it's clear that there are still many stones left unturned.

02

"I don't have time!"

We all have the same amount of time in a day, and time passes whether we're healthy or not, but few things are more wasteful than times spent being sick and unwell. Best to invest in health than spend in illness!

03

"I can figure out on my own!"

We live in the era of information overload, yet the most valuable information you need is the knowledge of what's going on inside your body. We provide you with insights into your personal health challenges and give you sustainable tips that you can immediately start implementing.



METABOLIC RESET

FAQ's

How much weight will I lose?

The amount of weight loss will vary from person to person. It will depend on how much weight you have to lose and the amounts of inflammation you have. But also will depend on the compliance and efforts that you put forth. This program is design to gently and safely lower your weight as you execute life-style changes. The weight loss will continue beyond the 10 weeks if life-style changes are maintained.

What I will be eating?

During the program, you will be eating a nutrient-dense, hypoallergenic, and anti-inflammatory diet. You will have an unlimited intake of certain foods (veggies and greens) with a balance intake of lean protein, starches, and fruit.



What if I am on medication?

If you are on medication, we will evaluate your case to be sure that there are no contraindications. Those with blood pressure and diabetes medications will need to carefully monitor their levels since many patients experience normalisation of their blood sugar and pressure levels. For those who are diabetic, we suggest purchasing a continuous blood glucose monitor to track their numbers.

Why do you suggest no/little exercise?

The basis of the program is to reset your nervous system to a state of healing and repair. Most exercise programs are far too demanding and create more of an imbalance. During this first phase of the program (6 weeks), you will only be able to engage in yoga, walking, rebounding, and sauna use.



Are the results permanent?

We designed this program to have permanent results. However, the results will correspond with your adherence to a healthy lifestyle. Since "healthy" is multifaceted, it's important to follow the upgraded lifestyle for a lifetime. It's not about perfection, it's about the pursuit of your best self. If you are strictly doing this program to look good, this is not the program for you. This program is for those that are willing to become healthy so they can feel good and then look good!

What will happen when the 10-weeks are finished?

If you have more weight to lose and you continue with the teachings you will continue losing weight for many months to come until you reach your optimum weight. Also you will continue with the support of the group to make sure the weight loss and life style are maintained.



SCHEDULE A 60-MINUTE

wellness discovery call

If you feel stuck, frustrated, sceptical, and confused - you're not alone.

If you're sick of hiding under baggy clothes and avoiding people, because you're embarrassed by your appearance - you're not alone.

If you dream of fitting into your old clothes and having enough energy to get through the day without crashing at 2 pm - you're not alone.

But here's the thing ... you might be trying to work through these challenges ALL alone.

You don't have to! We are here to help you!

On the discovery session/call we'll discuss:

The specific health challenges you're facing.

What you've tried in the past that hasn't worked.

What your specific health goals are and why they're important to you and if this program is the right program for you.

If you are ready to take action that will put you in the fast lane for weight balance, energy boost, and a noticeable increase in your confidence levels then we invite you to schedule a complimentary call with us today!

Go to our website and book a session - www.casa-da-saude.com

Or message at +351 935802540, with the sentence "I'm ready" and I will give you a call back to book an appointment.

A FINAL WORD *from Sofia*

If I managed the transformation, so can you!
It took me a journey of one year to be able to master my health and lose 18 kg naturally.

When I began this health journey, it was after a life time of being an workaholic, suffering from ongoing chronic stress due to the demands of my job, eating poorly with no proper rest or exercise of any type ... at the age of 45 I found myself border lining obesity, suffering from chronic inflammation and body aches, adult acne all over my face, digestive problems, sky rocketing cholesterol levels and poor brain health because I had burnout. You name the health problem and I probably had it. I was a mess!

As I began studying functional medicine concepts and experimented them on myself, I was amazed at how I was having such positive results with simple life-style changes supported by a good diet, herbal medicine and micronutrients.

The Metabolic Reset program was developed to combine my studies, my experiments on myself and a few USA evidence-based weight management programs.

From it, you will learn the lifestyle strategies and mindset shifts you need to regain your health and in the process achieve your ideal weight. I have learnt the hard way, that if the changes and strategy are too hard, they are not sustainable! We will work with your own rhythm, so changes you make can last for a lifetime.

This is an investment that will benefit you for the rest of your life.
I look forward to meeting you and celebrating your wins.

Love,
Sofia

