

# SALES POST EXAMPLES

## OFFER TO WORK WITH ME 1:1

I have an amazing offer for postpartum moms who are in the first 3 years post-birth and who are feeling completely awful; sick in your gut, not sleeping well, and hormones are out of control.

In the 3 months, we work together, I'm going to completely transform the way you're feeling in each of these areas.

We are going to get you feeling like a human again, your gut healthy, sleeping well (instead of 3-4 hours a night, 6-8 hours a night), and get you feeling wholly balanced with your emotions and hormones.

To do this, I'm going to work with you on 3 main points:

- We're going to develop a customized nutrition plan so that you're getting enough of the specific nutrients you need. We'll also work on your digestion so that you are actually absorbing the nutrients you need, including fats and proteins.
- We'll expand your sleep schedule to get you better sleep without taking away from your other responsibilities. I will also help you help your baby sleep deeper and longer, in a way that feels amazing and guilt-free (no cry-it-out here).
- I'll give you my famous tried-and-true strategies for managing and coping with difficult emotions, including trauma so that your inner world is significantly calmer (especially for those with postpartum depression/anxiety).

Actually, the first two points I'm going to work with you on are going to help you with balancing your hormones tremendously.

As we meet regularly over the 3 months, you'll get tools, info, and plans you can take and use even after we're done working together. You'll also have unlimited access to me for the entire 3 months.

By the end of our time together, you will feel like a completely new woman.

If you are interested, simply message me for a quick chat to see if this is a fit for you.

This is specific to women who are natural go-getters and who are eager to feel good again and get back to feeling control of their life.

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## INVITATION TO WORK WITH ME 1:1

I have an incredible offer for women in the first 3 years after childbirth who are still experiencing hair loss, upset stomach, mood swings, and/or issues with depression, and want to get back to feeling good again ASAP.

This is a very specific set of problems that I've had the privilege to be solving for the last 10 years, and I'd love to solve it quickly for you too

(because you AND your family deserve it).

And here is what I do for you. When we work together for 3 months, we do the following things:

1. Get a clear picture on where your body is nutritionally, and assess how well (or unwell) your body is absorbing nutrients based on your symptoms. We get you on a plan that's incredibly nourishing, easy, non-limiting, and that your entire family will appreciate. (My clients swear this is their favorite part because it eliminates stress and adds energy immediately).
2. Create a perfect sleep schedule that maximizes your deep sleep, even with a baby that constantly wakes. Here, we make sure that your reaching REM cycles so that you're feeling rested (and so that you are able to create balance in your hormones).
3. Align your body into a state of hormone balance which include addressing any trauma, fear, and other difficult emotions and experiences. You'll also get several tools you need for processing and dealing with big emotions and hormone fluctuations (learn what they are telling you).

These three points ALWAYS add up to tremendous healing and transformation.

As a matter of fact, I guarantee it. I've never, not once, had a mama NOT benefit significantly from my program.

Part of this is because I am giving you rock-solid information and tools that you can use for the rest of your life. The other part is because I only take on clients I know I can 100% support in this way. If I can't, I'll direct you to someone who can.

How does this all work (the biggest question I'm asked):

We meet 7-8 times (depending on your needs) over the course of 3 months. You have access to me throughout the entirety of our time together so you never have to wait until we meet to get what you need.



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You'll also receive free access to specific downloads and reference material that you keep forever, so you can refer back to it as you need or with future postpartums.

It doesn't matter where you are in the world. I have clients in the US, Europe, South Africa, Australia, and more. We always make it work.

And sometimes, babies and kids show up to meet with me too. It's the name of the game (and they should never be an excuse to why you can't heal. After all, they are your reason for doing this).

Most of my clients see huge improvements in the first 2-3 sessions (including getting off antidepressants, getting full night's rest, and eliminating bloating, headaches, etc).

This program is like nothing I've ever seen in this industry, and for the right mama who sees how important she is to getting her life back now (not later), this is for you.

The investment for this program is VERY small compared to the return. It's also significantly smaller than what you pay in medical bills your symptoms are costing you.

Want to learn more? Just send me a quick PM and tell me where you are in your postpartum and the symptoms you are experiencing.

From there, I'll ask you a few clarifying questions to see if this is right for you.  
No pressure.

If we both agree it's a right fit, we'll move forward in getting you started and your healing underway.  
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