



Mid-Life Rejuvenation Blueprint

The successful woman's guide to drop the weight, look great and have the energy to take on the world.

Welcome

Hello, I am Pam Lob your Wholistic Health and Transformation Genie.

I help successful mid-life women who are stressed out, always exhausted and overweight to revitalise and upscale their life.

When they work with me they drop the extra weight and revitalise their energy so they look and feel amazing plus have the confidence to take on the world - stress-free!

With years of professional and personal experience in all aspects of health, I know what works and what doesn't.

In this short playbook I will introduce you to some simple steps to start you on the journey to revitalise your health and energy.



Midlife – The Slippery Slope into Old Age

Is this what you believe?



Some Common Midlife Beliefs

- Weight gain is inevitable
- I won't have the same amount of energy as I did in my 20's & 30's
- Symptoms of menopause such as hot flushes are normal
- I will not be as attractive as I was
- I will become more forgetful, hot and crazy



Be mindful of what you believe...

Beware! Thoughts are
amazingly powerful.

So much so they can
destroy or heal you.

Just because the medical
profession or the media
said it was normal or true,
doesn't mean it is or will
happen to you.

Age is just a number on
your birth certificate and
has nothing to do with
your biological age.

Midlife - A time to celebrate and focus on what you want.

- Financial Freedom
- Continuing Business Success
- Work/Life Balance
- Good Health
- Fulfilling Relationships



Everything pivots around health

- Health is your top asset
- Look good, feel amazing, have more confidence and a life where all aspects flow
- Make it your top priority



How to Make Health YOUR Top Priority

- Have daily 'me time' in your diary. This is non-negotiable. It can be moved but not deleted.

In an emergency or stressful time double it!

- Take a lunch break and eat away from your desk, go for a walk or take time to meditate. (You will be more productive and focused)



Example of a good morning routine

Meditate 10 minutes

Exercise 20 minutes

Journal 10 minutes

Plan your day every day

Avoid the news, emails and social media
until after breakfast

Eat Healthily

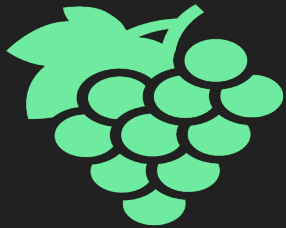
You are unique, so find out what are the right foods for you.

Remember food may be a superfood but is only super if its right for your unique body and mind type

- Fats are essential to maintain brain health – avoid low fat foods and use coconut oil, nut oils and gee
- Avoid processed foods and foods high in sugar
- Eat organic as much as possible
- Have 10+ portions of vegetables and fruits a day
- Drink plenty of filtered water and herbal teas
- Don't eat to much wheat. Once a day max.



Reduce Toxic Load to Lose Weight



Only use natural
organic skin care and
make up

(The average western
woman puts 5lb of toxins a
year
into her body from these
products)



Use soap and
water, vinegar
or steam
cleaning to
clean the
house



Do not use
antibacterial
soaps
or sanitisers



Filter your
water and
don't use
plastic bottles

Exercise – the good thing is you don't have to go to the gym!

- Exercise for your body type
- Do something you enjoy and can do consistently
- Include cardio, resistance and stretching
- Don't do extensive exercise more than 5 times a week
- Walk as much as possible – take the stairs
- Don't sit without moving for more than 60 minutes



Did You Know

The symptoms blamed on
menopause
are the same as the symptoms for
stress!



Reduce Stress

- ⦿ Get out in nature daily
- ⦿ Exercise
- ⦿ Meditate
- ⦿ Be in the NOW
Stop feeling guilty about the past you cannot change
Stop worrying about a future that may never happen
- ⦿ Connect to your body, emotions, energy and natural essence
- ⦿ Trust your intuition

Top Tips - Things to do Right Now

- Eat only the foods that make your body rock and feel good
- Take 5 minutes in the morning just for yourself
- Reduce toxins in your skin care and cleaning products by only using natural preferably organic ingredients
- Exercise, or go for a walk before starting work
- Get out in nature daily



Don't Struggle Alone FREE Revitalise YOUR Energy Session

Contact me today and book a 30 minute Revitalise YOUR Energy Session so we can look at where you are and where you want to be.

Discover how to lose weight increase your energy and have the confidence to take on the world.

<https://calendly.com/pamlob/discovery-session>

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