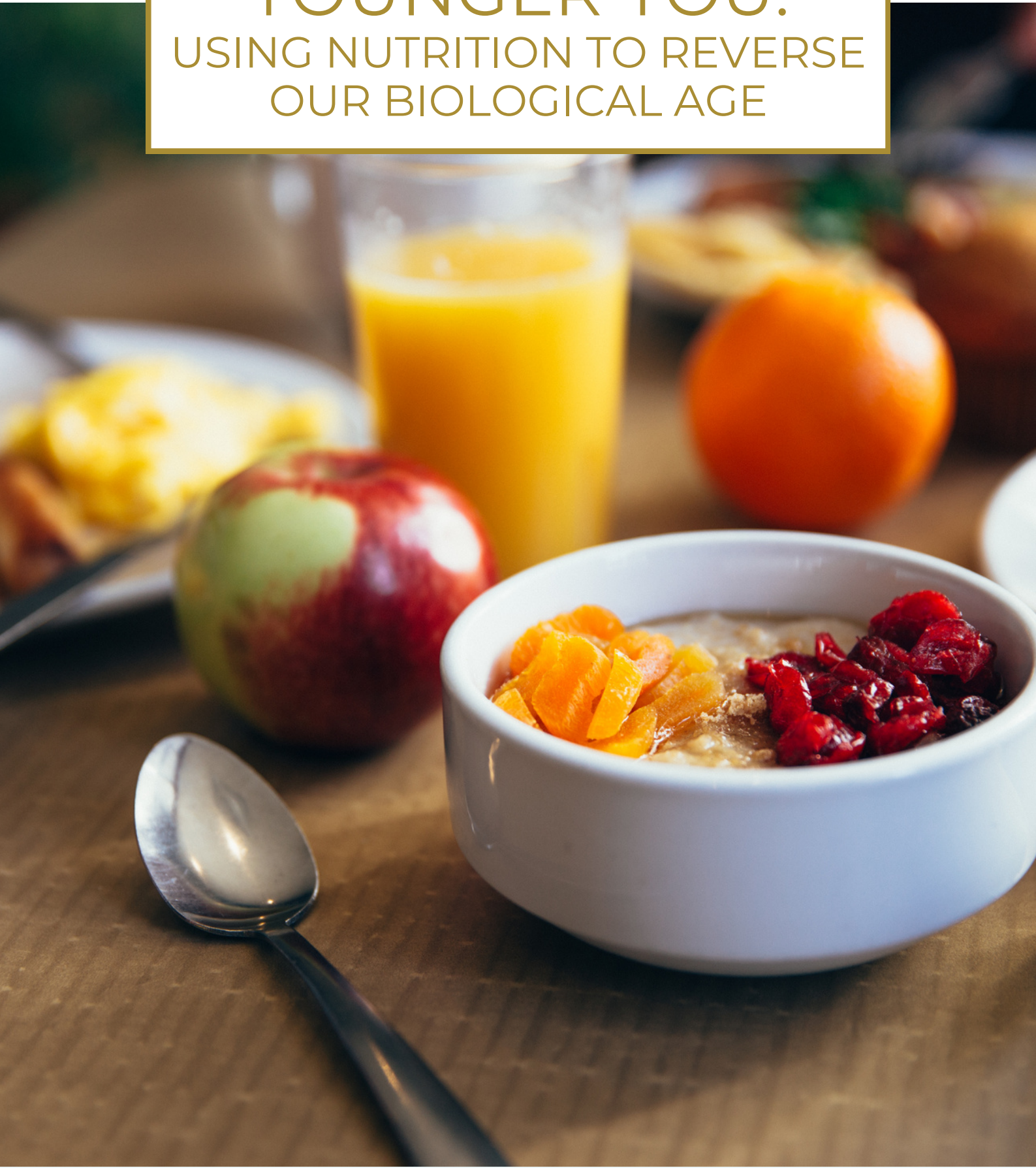


GOLDSTER★

YOUNGER YOU:
USING NUTRITION TO REVERSE
OUR BIOLOGICAL AGE





USING NUTRITION TO REVERSE OUR BIOLOGICAL AGE

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YOUNGER YOU: USING NUTRITION TO REVERSE OUR BIOLOGICAL AGE

REVERSING BIOLOGICAL AGE

Whether you fully commit to the programme, follow along from the sidelines, or dabble in a few changes, we invite you to join us.

Together we'll explore how nutrition can reverse biological age, boost vitality, and lead to a healthier, more youthful you.



YOUR JOURNEY TO A YOUNGER YOU

Eating healthy becomes especially important as we age. That's because ageing is linked to a variety of changes, including nutrient deficiencies, decreased quality of life and poor health outcomes.

Luckily, there are things we can do to help prevent deficiencies and other age-related changes. For example, eating nutrient-rich foods and taking the appropriate supplements can help keep us healthy as we age. Understanding how our nutrition can impact our lives is vital to living the most productive and fulfilling life possible.



"Nothing happens until something moves" - Einstein

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

Join Claudia on a journey inspired by Dr. Kara Fitzgerald's pioneering research in functional medicine and nutrition.

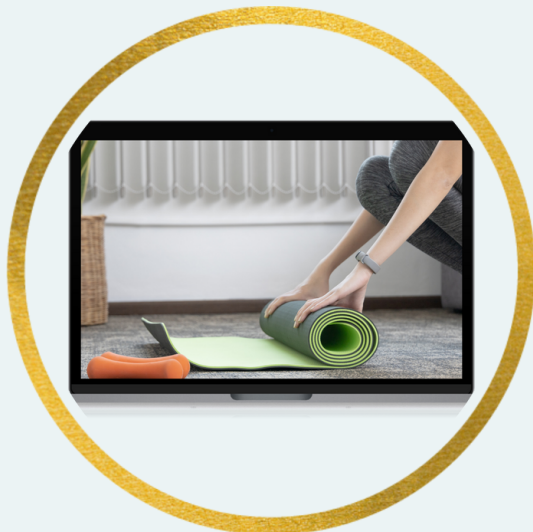
We'll explore how your diet can turn back the clock on ageing, all while following the guidance of Dr. Fitzgerald's book, "*Younger You.*"

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated.
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



LIVE EVIDENCE-BASE INTERACTIVE CLASSES

Weekly coaching supports your journey and enables your advancement linked to evidence-based classes.

And you needn't worry about missing the coaching as members can catch up On Demand.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform:

- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach.
- Participate in the forums and groups as often as possible to extract as much information as possible.
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you.



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety.

Let our research team put all those myths to bed and share our latest research with you.



"Learning is a journey of self discovery"

Week 1 - Introduction to the "Younger You Everyday" Eating Plan

Introduction to the "Younger You Everyday" Eating Plan

Discover the basics of the "Younger You Everyday" eating plan in our first week. Learn about the recommended foods, meal structure, and dietary guidelines to kickstart your journey towards a rejuvenated you.

Week 2 - Epigenetics and Nutrition's Impact on Genes

In week two, we dive into epigenetics – how your genes are influenced by nutrition. Understand the science behind how your dietary choices can positively affect gene expression and improve cellular health.

Week 3 - Making the Plan Work for You

Week three focuses on adapting the eating plan to fit your life seamlessly. We'll provide practical strategies to make the "Younger You Everyday" plan suit your preferences, lifestyle, and goals for lasting results.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks (unless stated otherwise). Check the [class schedule](#) on our website for the details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day with the links to our website to join. Don't forget to check your spam or junk folders. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 10 MINS BEFORE

Our class waiting rooms open 10 mins prior to the start time, just to give you enough time to get prepared and settled.

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community.

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Claudia Le Feuvre

Nutritional Therapist and Eating Psychologist
Expertise: Nutrition, Eating Psychology and Coaching

Claudia Le Feuvre is a Nutritional Therapist & Eating Psychology Coach with 14 years clinical experience helping clients with a wide range of health concerns.

Claudia works at a private medical clinic and teaches Eating Psychology to 4th year students at The British College of Nutrition & Health, and The Nutritional Healing Foundation.

An experienced public speaker, Claudia is passionate about making nutrition fun and inspiring. She has supported hundreds of people on their weight loss journeys and transformed their relationship with food.

Claudia lives in Gibraltar with her husband and two children and her moto is *“Start your new beginning now.”*

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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