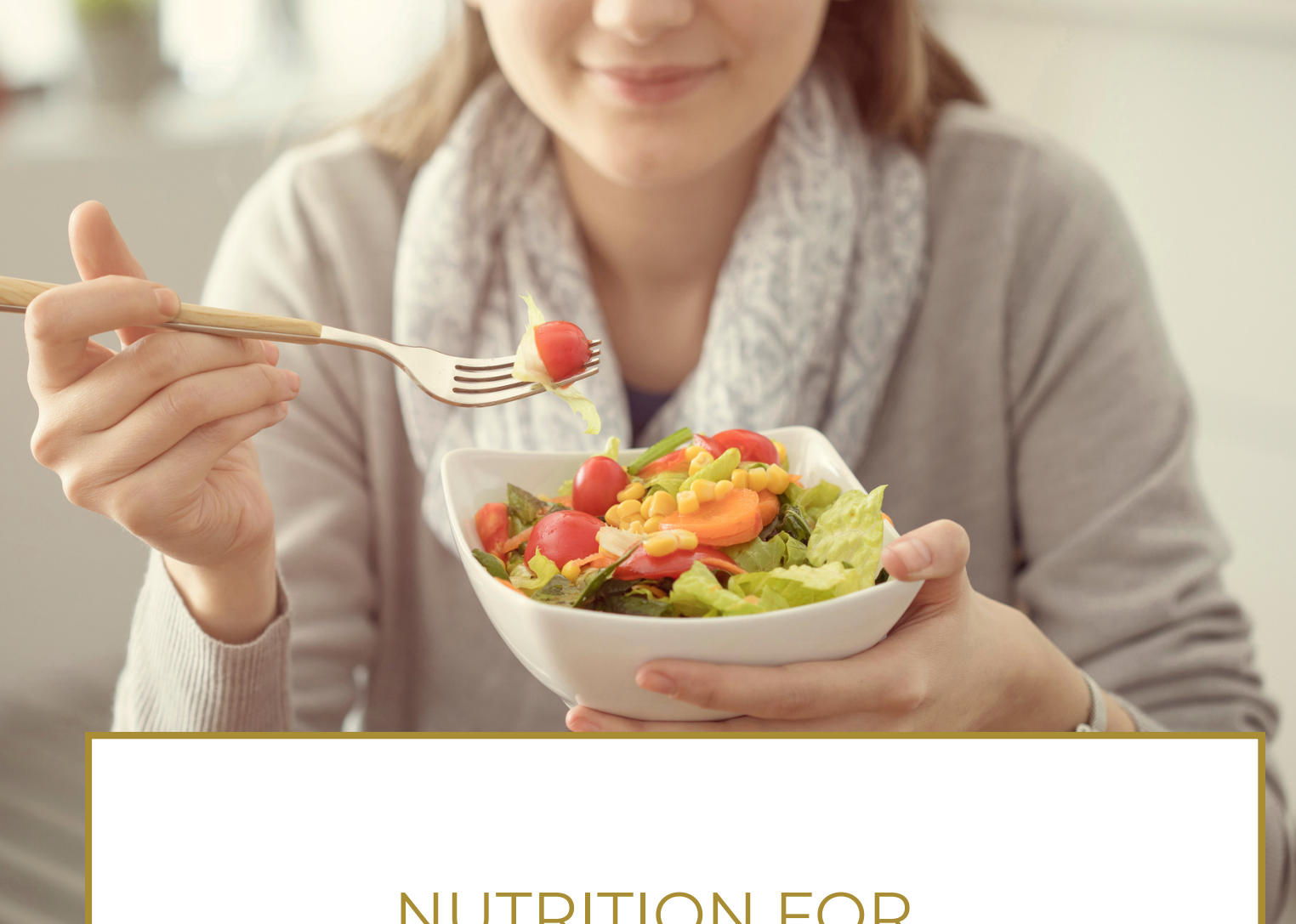


**GOLDSTER**★

NUTRITION FOR HAIR, SKIN &  
NAILS





## NUTRITION FOR HAIR, SKIN & NAILS

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# NUTRITION FOR THE BODY'S EXTERIOR: HAIR, SKIN & NAILS

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## ITS BEGINS WITH THE BASICS

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water. Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.



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## IT'S IMPORTANT AS WE AGE

Eating healthy becomes especially important as you 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 you 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 you healthy as you age. Understanding how one's nutrition can impact their life is vital to living the most productive and fulfilling life possible.

*"Nothing happens until something moves" - Einstein*

# OUR METHOD

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## 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.



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## 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

Welcome to the Nutrition for the Body's Exterior: Hair, Skin & Nails 6-week course!

During this course, you will gain knowledge and tools to make informed choices about nutrition to enhance hair health, radiant skin, and stronger nails.

We will explore how dietary choices can positively impact overall beauty and well-being as well as help manage specific conditions such as hair loss, rosacea, psoriasis, fungal nails and more.

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## 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.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.



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

# THE COURSE

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## 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 aspect of your health with classes suggested by the coach
- Participate in the forums and group 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



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## 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

Welcome to the exterior of the body! This week will be an introduction to the programme, discussing the importance of nutrition in maintaining the health and appearance of these features.

### Week 2

We will delve into nutrition for the hair, discussing the minerals, vitamins, and nutrients that can support luscious locks. We will explore specific foods that are beneficial for hair health and provide practical tips for incorporating them into your diet. We will look at deficiencies that can contribute to hair loss.

### Week 3

We will shift our focus to the structure of the skin. We'll cover strategies and dietary choices that promote healthy skin, including foods that can nourish and enhance its vitality.

### Week 4

We will continue with the skin, specifically focusing on skin conditions like rosacea, psoriasis, eczema, dermatitis, and more

### Week 5

Nurturing your nails: Essential nutrients for strong and healthy nails. We'll be discussing split nails, fungal nails, white spots, and more!

### Week 6

We will bring together the knowledge and key insights gained throughout the programme.

# YOUR JOURNEY

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## 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. Check the [class schedule](#) on our website for the course 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 and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 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. She has 14 years clinical experience helping clients with a wide range of health concerns and works at a private medical clinic. She 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. She lives in Gibraltar with her husband and two children. "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

