

GOLDSTER★

NOURISHING VITAL ORGANS
FOR OPTIMAL WELLBEING





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NOURISHING VITAL ORGANS FOR OPTIMAL WELLBEING

ITS BEGINS WITH THE BASICS

Welcome to the transformative 6-week nutrition programme where we dive deep into the incredible world of nourishing our organs. Over the course of these weeks, we will explore the vital role that nutrition plays in supporting the health and function of our essential organs.



IT'S IMPORTANT AS WE AGE

From the liver and gallbladder to the kidneys, heart, and lungs, we'll uncover the remarkable connection between what we eat and the well-being of these critical systems.

Get ready to empower your body with the knowledge and nourishment it craves!

"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

Welcome to our exciting 6-week programme where we'll continue our journey of nourishing vital organs for optimal well-being.

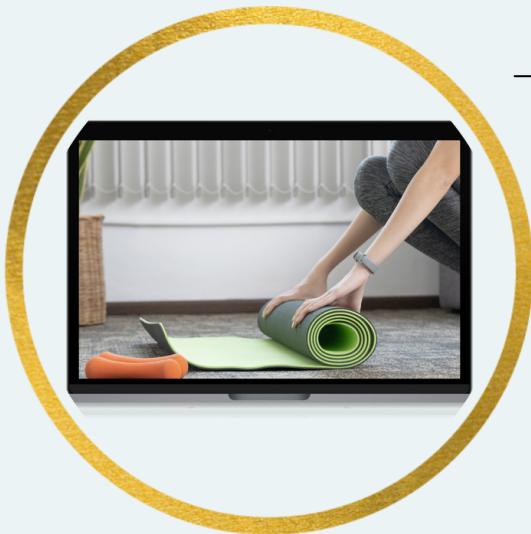
Over the following weeks, we'll delve into the essential role that nutrition plays in supporting the health and function of key organs.

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.



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

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



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 - Adrenals

Adrenals, those resilient glands, deserve attention as we explore how nutrition can impact their function. Discover how a balanced diet, stress management, and key nutrients support these vital players in our stress response.

Week 2 - Pancreas

The pancreas, a multitasking organ, will be in focus as we uncover the link between nutrition and its role in blood sugar regulation. Join us to learn how mindful eating and specific nutrients can contribute to pancreatic health.

Week 3 - Thyroid

Our thyroid, the master regulator, requires proper nourishment to maintain optimal hormone production. Explore the connection between nutrition, iodine, selenium, and other vital nutrients that play a role in thyroid function.

Week 4 - Brain

The brain, our intricate command center, thrives on nutrients that support cognitive function and mood. Delve into the world of brain-boosting foods, antioxidants, and omega-3 fatty acids for enhanced brain health.

Week 5 - Bones

Our bones provide structure and strength, and nutrition plays a pivotal role in maintaining their health. Discover the impact of calcium, vitamin D, magnesium, and other nutrients in building and maintaining strong, resilient bones.

Week 6 - Summary

As we wrap up this journey through organ-specific nutrition, our final week will offer a comprehensive summary of insights gained. Get ready to embrace a life where nourishing your organs means nourishing your whole self!

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. 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

