

# Five weeks. One *cycle*.

A guided group journey built around mindful eating: a steady daily rhythm, an anti-inflammatory menu, and small rituals that work with your hormonal cycle instead of against it. Weekly live Zoom sessions with Joud Bitar, a WhatsApp community, and a nutrition guide mapped to your cycle.

| DURATION | FORMAT                     | GUIDE      |
|----------|----------------------------|------------|
| 5 weeks  | Group program, weekly Zoom | Joud Bitar |

## This is for you if you're:

- ✓ Feeling tired constantly
- ✓ Battling constant sugar cravings
- ✓ Starving yourself to lose weight
- ✓ Worn out from every diet you've tried
- ✓ Struggling to control mood and emotions
- ✓ Getting PMS, anxiety, insomnia, brain fog
- ✓ Stuck with stubborn belly and hip fat
- ✓ Dealing with a poor relationship with food

## Signs of hormonal imbalance

Anxiety

Sugar craving

Constipation

Digestive issues

Thinning hair

Skin issues

Irregular period

Bloating

Low energy

Mood swings

Water retention

Belly fat

Puffy eyes

Headaches

## Food plan: gluten-free, dairy-free

- Meat
- Chicken
- Eggs
- Fish
- Grass-fed butter, olive, coconut, sesame, avocado oil
- All vegetables and fruits
- Seeds, nuts, nut butters, nut milk

## What you get over the 5 weeks

- 01 Nutrition guide mapped to your cycle, day 1 to day 28, with portions and menus
- 02 Fat-loss tips and travel tips built around your cycle
- 03 Personal access to Joud, plus workout videos and seed-cycling guidance
- 04 Weekly live Zoom, Mondays 8:15pm Amman time, with a mandatory pre-recorded video before each
- 05 Bloodwork guidance to check hormone and nutrient levels, with tailored supplement advice

## Program fees

|                                      |                             |
|--------------------------------------|-----------------------------|
| <u>First timer</u>                   | <u>AED 1,350 (≈261 JOD)</u> |
| <u>First timer (current inhaler)</u> | <u>AED 1,070 (≈207 JOD)</u> |
| <u>Returning mindful eater</u>       | <u>AED 840 (≈162 JOD)</u>   |

Fill out the [registration form](#), then use the matching payment link to secure your spot.