



The WELLthy Woman Method

functional health for online entrepreneurs

WITH MICHELLE ROGERS, ND, MSAOM, FDN-P



Imagine this...

WHAT IF

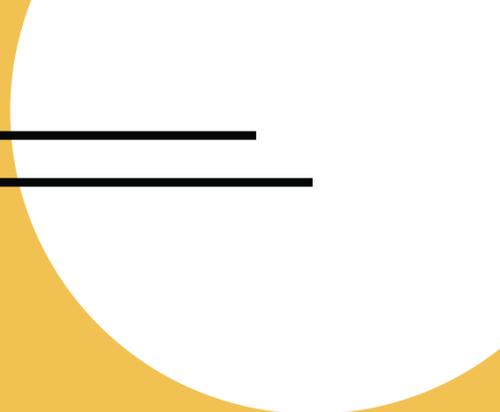
you woke up feeling refreshed, motivated and confident to tackle the day ahead EVERY morning instead of hitting that snooze button...

WHAT IF

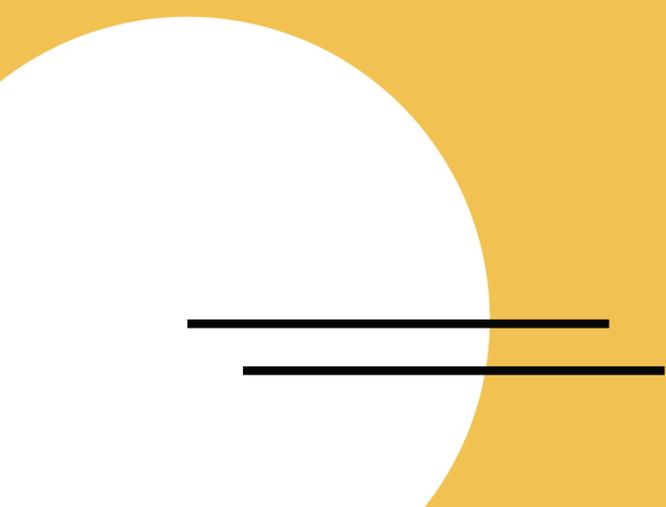
you had the energy and mental focus needed to blast through your to-do list AND effortlessly tap into your creative flow at will...

WHAT IF

you could get more done in less time AND still have an abundance of energy at the end of the day to spend quality time with the people you love...



WITHOUT the confusion,
guessing games, that nasty
celery juice or shopping
bags full of supplements?



The Issue

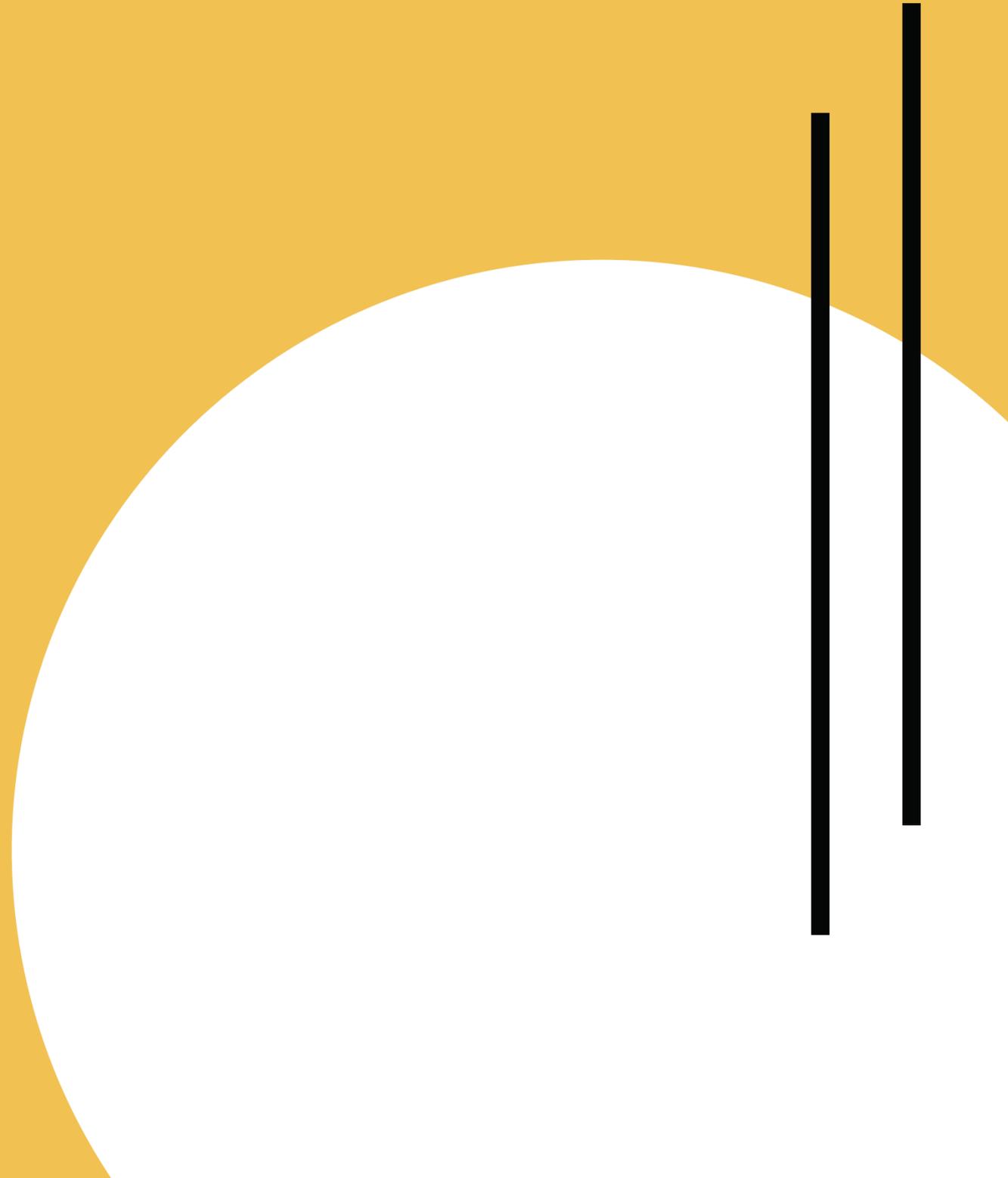
HOW YOU MIGHT BE ADDRESSING YOUR HEALTH

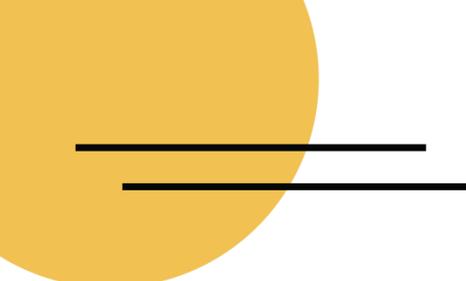
- It's not "bad enough", and you're getting by, so you keep pushing through until you burnout
- You look to health influencers for solutions but only get generic protocols and #detoxchallenges that don't address the root of YOUR unique imbalance
- You keep your health on the back burner until it's the "right time" or you have "extra" money
- Your doctor says your labs are "normal", and you seem "fine", so you end up thinking this is your new normal



**BUT it doesn't
have to be this
way!**

THERE IS ANOTHER APPROACH





Hi, I'm Michelle

FOUNDER OF **THE WELLTHY WOMAN METHOD**

I created The WELLthy Woman Method because I know what it's like to drag myself out of bed, rely on my afternoon pick-me-ups to get through the day and pray to the sleep gods that "tonight is the night I actually get some rest".

Upon digging deeper into my own health, I discovered I was battling Hashimoto's and PCOS. I wasn't given any answers -- let alone the solution -- I needed.



I know what it's like

I'VE SAT WHERE YOU'RE SITTING RIGHT NOW

I tried eating several “healthy” diets, exercising and taking handfuls of recommended supplements, but I quickly learned a hard lesson: you can do ALL the right things... but unless you GET TO THE ROOT, it's not possible to make profound and sustainable strides towards optimal health.

So I set off on a mission to learn everything I could about my body from a physiological, biological and energetic level in an effort to heal myself. Now it's my life's mission to teach other female entrepreneurs how to do the same, so they can create a bigger impact in the world from the healthiest vessel available to them.

In my efforts to master everything about health and wellness, I was able to reverse BOTH of my diagnoses -- all without taking medications or relying on a broken medical system. After completing my medical training in 2012, I ran a successful brick-and-mortar practice for several years, then moved to the online space, where I've been serving women since 2016.

During that time, I've perfected a program with my signature methodology that guides you to heal at the deepest level — the cellular level.

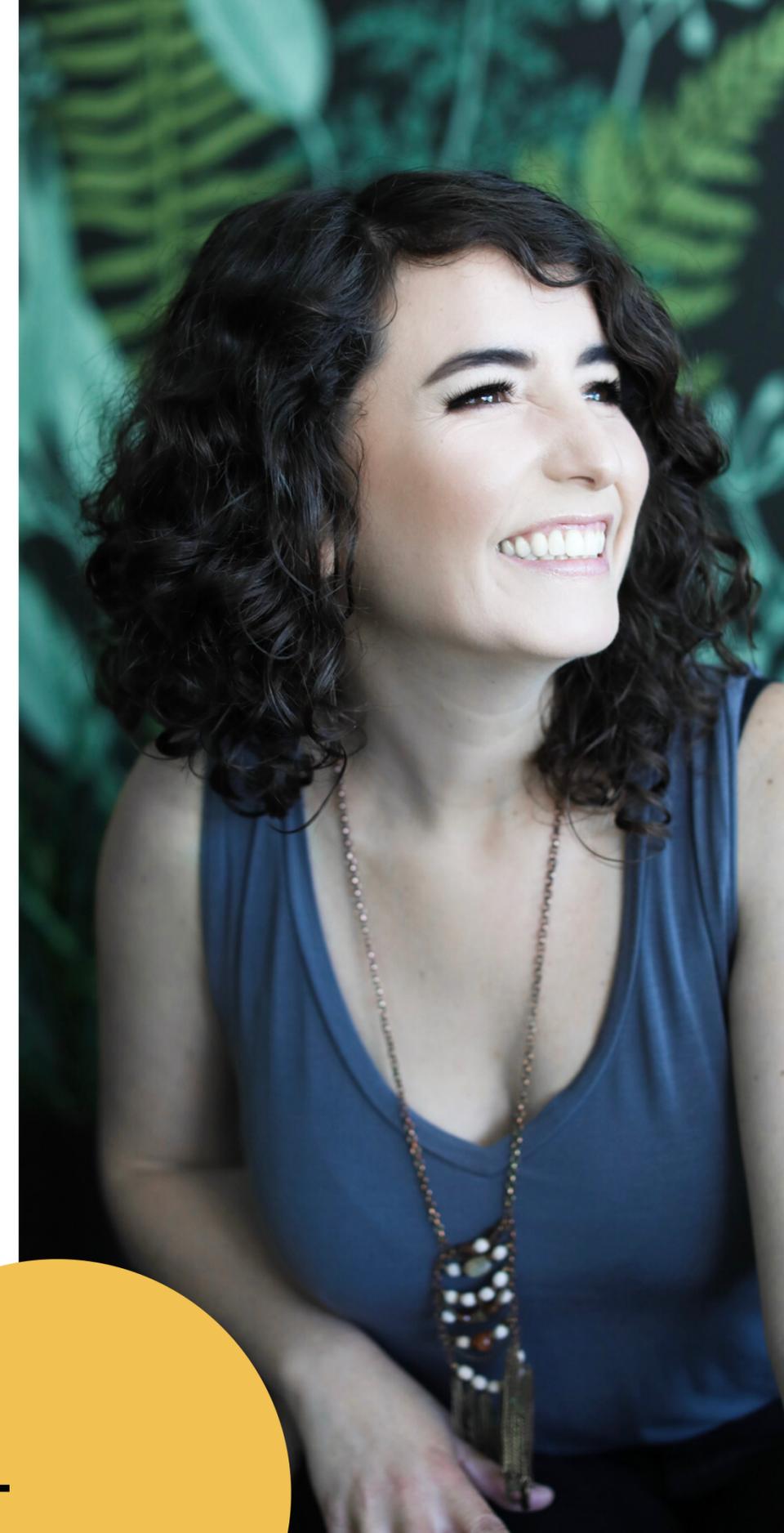
CREDENTIALS [ND, MSAOM, FDN-P]

Functional Medicine Practitioner

Doctorate of Naturopathic Medicine

Master of Science in Acupuncture + Oriental Medicine

Certified Functional Diagnostic Nutrition Practitioner





Why I work with **AMBITIOUS ENTREPRENEURS**

- Visionaries, creative entrepreneurs, service providers, leaders and coaches are looking to optimize their health and prevent burnout.
- They know they have to prioritize their health to continue sharing their gifts, expand their reach, better serve their clients and show up even more for the people they love.
- Driven women know when something is "off" and want to reclaim their metabolism, hormones, mind and mood using a strategy that is completely tailored to their needs, lifestyle and lab results.
- Ambitious women want to enjoy the success they've worked so hard for!



The Program

WHAT MAKES THIS ONE DIFFERENT

- Get a proven comprehensive strategy to reclaim your metabolism, hormones, mind and mood that is guided by YOUR lifestyle and lab results.
- Get supported with 1-on-1 consults as well as UNLIMITED text or voice messages between consults.
- Ensure you are making progress with targeted assessments each step of the way.
- Learn how to interpret your symptoms, so you always know EXACTLY what your body needs.
- Learn how to confidently modify your WELLthy guidelines based on your lifestyle and specific needs as they arise.
- Work with someone who cares deeply for your inner fulfillment, purpose, mission and holistic transformation.

1

RESET: LIVER HEALTH

Start by reducing your overall toxic exposure, improve your body's detoxification abilities & add supportive foods.

LABS: comprehensive blood work panel, organic acids

2

RESTORE: HORMONE HEALTH

We will shift your body into a regenerative state, increase your resilience and rebalance inflammatory hormones.

LABS: sex hormones, adrenals/cortisol

3

RENEW: GUT HEALTH

In this phase, you will balance your intestinal microbial environment, eliminate digestive distress, reduce inflammation & optimize nutrient absorption.

LABS: digestive analysis, food sensitivity test

How it works

When you sign up to work with me, we'll start off with an initial consult to get clarity on your health goals. From there, we will develop a customized plan to move you through these 5 steps.

4

REPAIR: BRAIN + GENETIC HEALTH

You will learn how to restore your nervous system, give your body the exact foods, best movement routine, targeted nutrient therapy & the daily flow framework you need to thrive based on your specific genetic blueprint.

LABS: functional genomics

5

REFINE: ADAPTIVE HEALTH

Life is dynamic, and I want to make sure you feel confident moving forward. In this phase, you will learn how to modify your healthy habits, so you feel prepared for any situation that arises.





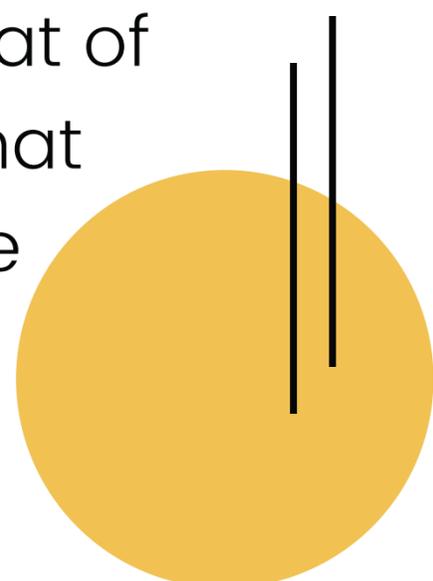
Meet Jaclyn

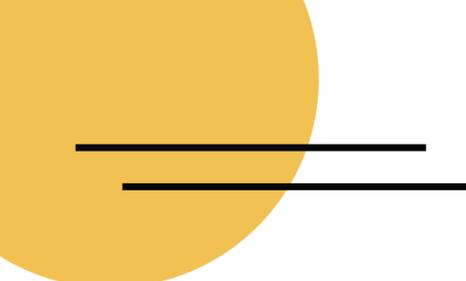
CLIENT TESTIMONIAL

"Before I started working with Michelle I experienced brain fog, fatigue, joint pain, IBS, PMS, and mood and sleep disturbances on an almost daily basis.

Traditional doctors couldn't find anything wrong with me and attributed the majority of my symptoms to "anxiety".

My experience with Michelle was totally opposite that of traditional doctors--she didn't think for a second that my symptoms were all in my head and assured me we'd get to the root cause...



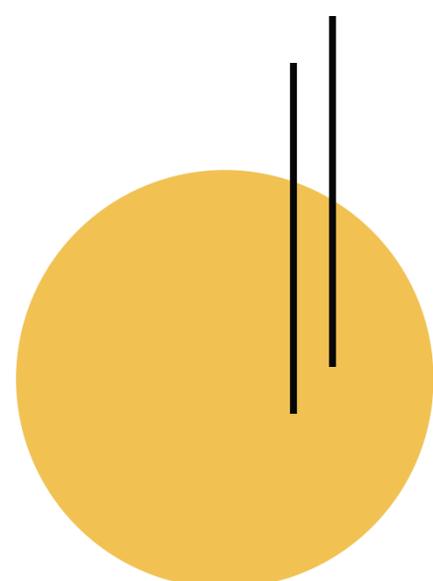


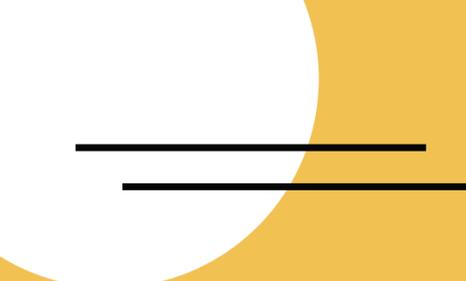
Jaclyn Says

"The lab work ordered by Michelle was way more comprehensive than that of my traditional doc. Michelle interpreted the results and provided me with a 20-page, color-coded PDF, complete with charts and graphs that were easy to understand. It was such a relief to finally figure out what was going on in my body!

In order to heal my gut, I followed Michelle's 5R Protocol and soon saw an incredible change in my health and quality of life.

The improvement I saw in my digestion, tolerance to previously intolerable foods, energy levels, mood, joint pain, and ability to focus were remarkable...



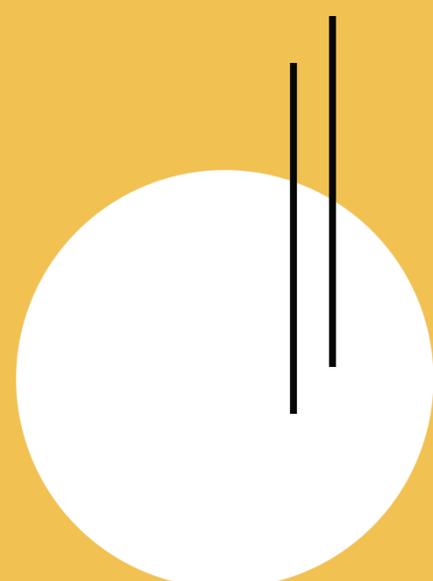


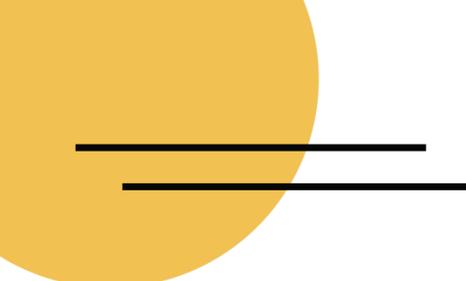
Jaclyn Says

"I went from being a spectator of life--only having the energy to do the bare minimum--to pursuing my passions and living a life of possibility.

Michelle was relentless when it came to finding out what would work for me as an individual, and her desire to help me (and other women like me) in moving closer to their full potential is evident.

The best part of my experience--Michelle empowered ME through education on how to maintain my health through diet, lifestyle, limiting exposure to environmental toxins, and mind/body techniques...





Jaclyn Says

"By doing this, she gave me confidence in my body's innate ability to heal and in MY ability to support and guide it along the way. I am eternally grateful to Michelle, and I now recommend her to every woman I know struggling with seemingly "mysterious" symptoms."

Jaclyn is a thriving content creator for integrative health specialists and can be found @jaclyncreates



Snapshots of Success

DON'T LET DOCTORS TELL YOU EVERYTHING IS "NORMAL" WHEN YOU KNOW IT'S NOT!

minute but well worth it. They don't think I have hypothyroid but got ultrasound same day. Got call today confirming nodule and have followup call with Dr next week. She also ordered more bloodwork and a test for kidney function where I

#ASSERTYOURSELF

She said it was very impressive that my doctor ordered all the tests already done. Told her it was not MD but YOU! MD did not even feel nodule.

So a huge thank you for being on it and only sorry it has taken so long on my end.

Duh! Of course you CAN do it. That's not a question 😊

I have this pattern of not doing things because it's not the right time, I don't have enough money. But I realize if that's my thought pattern that it will never be the right time and I will never have enough money.

You ladies are CHANGING MY LIFE!



Background: after years of battling depression and an apartment fire in Jan 2014, my adrenals were shot. My stress tolerance became almost nonexistent. With the help of these babies and the guidance of @wellthywomanmentor, I'm getting back on track.

taking to heart some of the things you said.

Speaking my truth especially resonated with me. It has taken decades, but I am finally accepting that some of my feelings are 'ok', even when they go against society's norms or my upbringing. Now how to act on those..maybe I'll figure that out in the next decade or two. It is HARD to face the truth sometimes, So thank you for your

Type your message here...

In order to combat the symptoms associated with celiac disease (it's not just about avoiding gluten!) I've been following the Autoimmune Protocol (AIP) for 9 months, with a few slip-ups (nobody's perfect).

In addition, I'm restoring adrenals and seed cycling (menstrual support), and supplementing with probiotics, antimicrobials, herbs, and other gut-healing products under the direction of a functional medicine doc, @wellthywoman_.

City

Winlock

Your Testimonial

I LOVE Dr. Michele! My MD just wanted to prescribe drugs. Yet, through Dr. Michele, I have experienced significant healing including resolving many symptoms associated with hyperthyroid.

likes

What's Your Why? Part of my updated care plan from my Naturopath @wellthywoman_. I love that we can talk about everything from bowels to brain. I've been off track recently with my eating, in part due to the impact of dental surgery. And maybe a bit too much summer fun. 😊 It was wonderful to spend time with her getting back to some of my reasons why. Thank you Dr. Michelle.

7 MINUTES AGO



wellthywoman_ You got this! Thanks for making my day and warming my heart. LOVE working with you ✨💛✨

hemorrhoids to name...
4. How are you feeling overall:
I am feeling great. I have a lot of energy. I don't really even think about the thyroid issue much.

5. what are you hoping to accomplish from this next call:
Brought to tears today 😭💛 this is why I do what I do Pre-consult update from a client diagnosed with Graves' disease (autoimmune hyperthyroid) - SHE WAS ABLE TO STOP HER MEDS!!! 🙌

The WELLthy Woman Method

Join me for a 6-month, high-touch wellness program that gives you 1-on-1 support to help you optimize your health in a completely customized way. This is your secret weapon for living a life full of abundance, purpose, health, wealth + joy.

PERSONALIZED SUPPORT

Weekly or bi-weekly calls to fit your lifestyle

FUNCTIONAL LAB WORK

All functional labs are included

UNLIMITED VOICE/TEXT

Contact me any time with questions

STRATEGY THAT WORKS

Based on your lab data + your lifestyle



Want to work together?

YOUR HEALTH IS YOUR WEALTH

Click the button below to book a 30-minute WELLth Strategy Session with me. On the call, I'll ask you some questions about your journey and learn more about your goals.

At the end of our call, 1 of 2 things will happen: You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, there won't be any hard feelings and NO obligations on your part – I will simply suggest another option, and point you in the right direction.

[**CLICK HERE TO BOOK A CALL**](#)