THE PHOENIX CHARITABLE TRUST
Cirencester & District
Registered Charity No.: 1010378

Kerry Munson
SMART NUTRITION FOR BRAIN & BODY

28 DAY ENERGY RESET PROGRAMME

Our Energy Reset programme will be developed and delivered by Kerry Munson: an experienced nutrition and brain-body health specialist with the knowledge and expertise to support individuals suffering with tiredness.

Kerry has over 7 years' experience helping people with Chronic Fatigue, M. E. and persistent tiredness, including 2 years working for a renowned Fatigue Clinic in London.

Sessions are interactive and practical. Kerry will guide participants through the basics of what the body needs for energy, along with simple steps that address causes and work toward recovery.

Fatigue often has several contributing factors. Over the 5 sessions, participants will learn how to recognise the most common causes and identify which ones may be affecting their own energy.

Each week we explore a different foundation of energy:

1. How nutrients support energy (protein, fats, carbohydrates, vitamins & minerals)

2. How stress affects the body and drains energy

3. How Blood Sugar Imbalance contributes to energy levels

4. Digestion and its role in fatigue

5. How to promote good Sleep to wake refreshed

Tools provided to support progress include:

- Quizzes to monitor symptoms - completed at the beginning and end
- Food Diaries to monitor food intake and help to notice patterns
- Recipe pack and Shopping lists
- Small weekly challenges
- Personalised checklists
- Weekly intentions and check-ins for staying on track
- Checking in with the previous weeks' goals and intentions at the beginning of each session for accountability and impact.
- Product recommendations and discount codes
- Optional WhatsApp Group for support

Measurement of Impact

- To help track progress, participants complete a short Health & Energy Quiz and Symptoms Questionnaire at the start and end. All data is confidential and anonymised.

How participants can expect to feel after the course:

- Better understanding of why they're tired
- Small improvements in daily energy
- Feeling more in control of their health
- Equipped with a plan of next steps after the programme
- Supported by Kerry and their peers

KERRY MUNSON BSc (Hons), Dip. BCNH (Nut Therapy), mBANT, CNHC Reg'd

Member of BANT and CNHC Registered Nutritional Therapy Practitioner. On the Accredited Register for Nutritional Therapy under the Professional Standards Authority of the UK. Fully insured through Balens.

Since 2007, Kerry, an experienced nutrition and brain-body health specialist, has been helping clients of all ages, from children to seniors, uncover the root causes of their symptoms. She looks for clues in areas that traditional medicine often overlooks and guides clients to make positive, lasting improvements to their health. Using Nutritional Therapy, Functional Testing and Wellbeing Coaching, Kerry has helped hundreds of people to feel better.

The programme aims to show how simple changes to diet and lifestyle can support better energy and overall wellbeing. It is designed for people who feel stuck with symptoms that affect daily life and want practical support to start improving their health.

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