

BOUNCE BACK FROM BURNOUT

with Anita Rossiter

A six module online course
supporting women
struggling with adrenal
fatigue and hormonal
disturbances

WWW.ANITAROSSITER.COM.AU

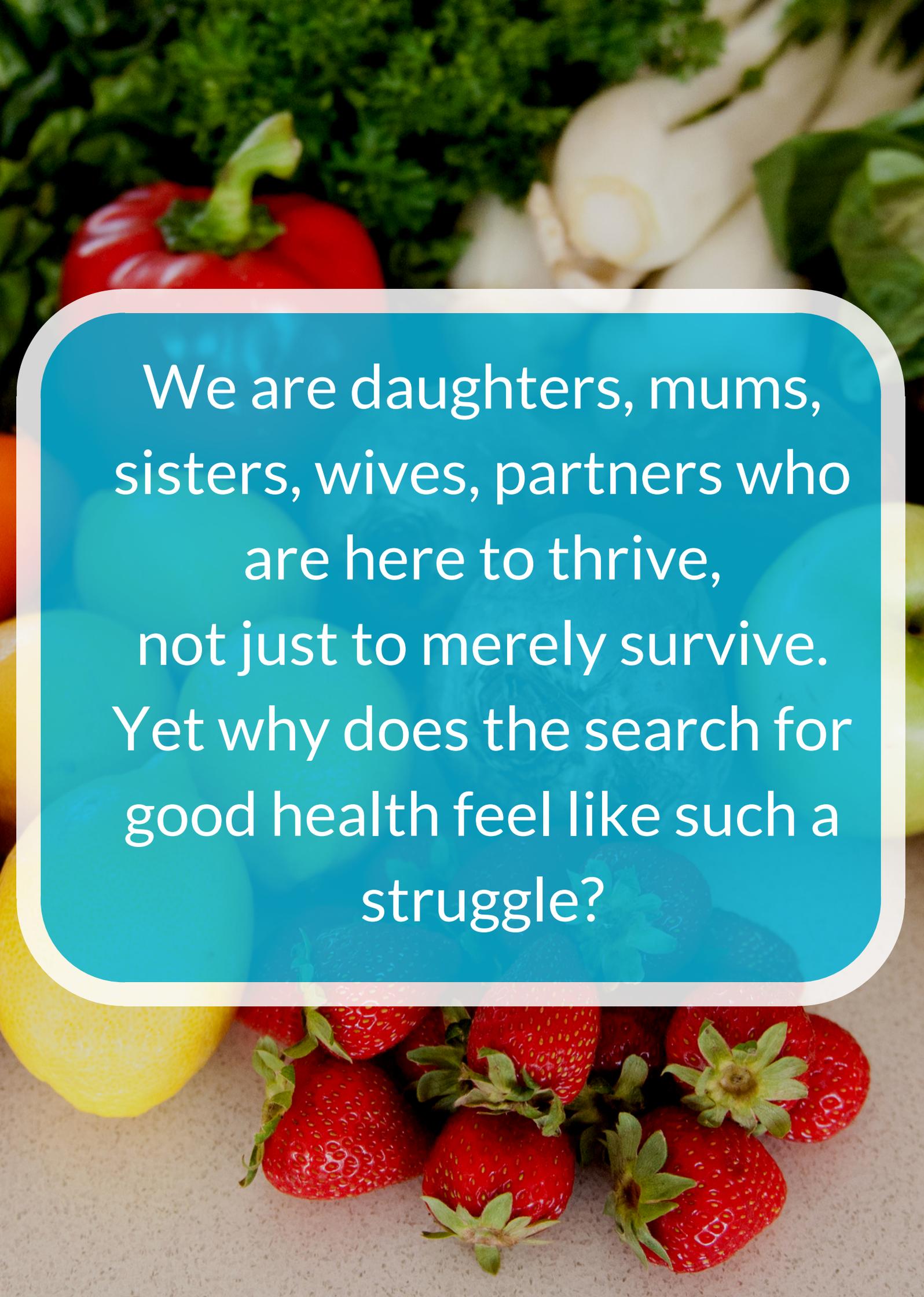


CAN YOU TICK ANY OF THESE BOXES?

- Despite eating nutritious foods and exercising are you finding it near impossible to lose weight?
- Are you anxious, irritable and depressed – just not feeling yourself?
- Do you NEED coffee, sugar, dairy, exercise or alcohol to buy yourself a few hours of energy?
- Are you exhausted yet also wired with an overactive mind?
- Do you suffer food cravings especially salty foods or sweet foods?
- Have you lost weight only to find that over the following year you regained it (often with interest)?
- Is your mind foggy?
- Do you have trouble falling asleep or waking up nightly or crashing the moment your head hits the pillow and sleeping soundly only to wake up exhausted?
- Are your hormones going crazy? (Severe PMS, low libido, worsening perimenopausal symptoms, endometriosis, breast cysts, thyroid hormonal problems, type 2 diabetes, metabolic syndrome, insulin resistance.....)



**THEN THIS IS FOR
YOU!**



We are daughters, mums,
sisters, wives, partners who
are here to thrive,
not just to merely survive.
Yet why does the search for
good health feel like such a
struggle?



**Join women across the globe
as we learn about the
underlying causes of our
hormonal, weight and
burnout issues and how we
can work towards supporting
the underlying foundations
of women's adrenal and
hormonal health; gut repair,
liver detoxification and
emotional cleansing.**



“Every day sitting before me I see women in a state of desperation. Many have been searching for answers for years to complaints that return normal pathology results. They are burnt out, just barely existing.

Despite strictly following diets even weight loss surgery, they cannot shift weight. Many suffer debilitating pain from autoimmunity, numerous hormonal complaints and many bear the emotional scars of fertility issues. Women feeling like failures because they have tried everything. Women feeling worthless. Women who are exhausted.

I needed to put together this course first and foremost to bring women together to realise that they are not alone. The second reason is to shine a light on the many factors in our modern world that are leading us to feel this way. When we start to understand underlying causes, we can make changes to our lives.

But most importantly I wanted to share hope.

I have also been one of these women.”

- Anita Rossiter



**WHAT CAN I EXPECT TO LEARN ABOUT, TO
HELP ME RECOVER FROM BURNOUT?**

ALL ABOUT HORMONES

What are they?

How are they made?

Which hormones are commonly
imbalanced?



NUTRITION FOR HORMONAL BALANCE



The role food plays in supporting good hormonal balance.

What are inflammatory foods and how to remove them.

GUT HEALTH & HORMONES



The role of gut health in hormonal health

Healing and supporting the gut

Optimising digestion

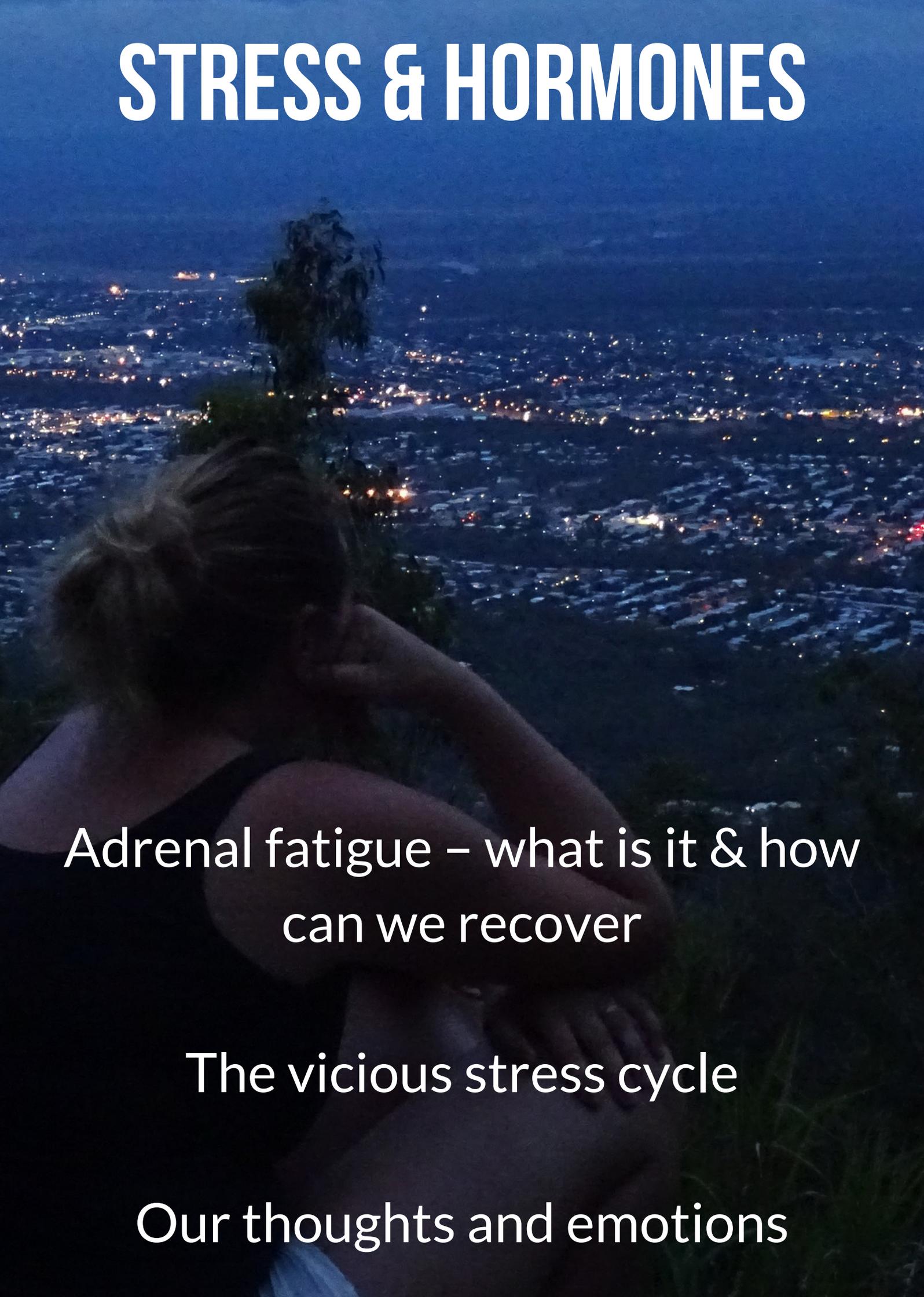
TOXINS & HORMONES



Toxins and their impact on hormonal health

How to detoxify toxins and support liver health

STRESS & HORMONES

A person with blonde hair, seen from the back, is sitting on a grassy hill at night. They are looking out over a city with many lights. The sky is dark blue, and the city lights are scattered across the landscape. The person is wearing a dark top.

Adrenal fatigue – what is it & how
can we recover

The vicious stress cycle

Our thoughts and emotions

OTHER TOPICS

Thyroid deficiency

Mood issues and anxiety

Reasons for hormonal weight gain

Holistic natural solutions to
hormonal imbalances





Want to know
how the online
course works?

Anita Rossiter

Support to bounce back from burnout comes through education, meal suggestions, recipes, online demonstrations, supporting notes & bonus articles & interviews...

Prior to starting the course, you will receive an email package with details on how to prepare for this course.

Personal log in information will be provided, to give you exclusive access to all 6 modules, for you to work through at your own pace.

You will have access to a private facebook group, established exclusively for members of the bounce back to burnout course.

LET'S DO THIS TOGETHER.

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