

# The ETPHD method

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**Make lifelong change to your relationship with food, your body & your health**



# The ETPHD Method

All coaches in this team use the ETPHD Method.

## What you'll achieve\*:

- Improved relationship with food
- Improved connection with self & others
- Reduced food preoccupation
- Reductions in emotional & overeating
- Improved body image
- Improved health
- Menstrual cycle restoration
- Body composition changes
- A life no longer governed by food

## What you'll get:

- Nutrition, lifestyle & mindset analysis
- Example nutrition plan\*
- Habit development & behaviour change
- Therapeutic strategies for self-support
- Unrivalled compassionate support & accountability

## Six strands of focus:

- Values-aligned goal setting
- Nutrition education
- Self-regulation
- Mindfulness
- Self-compassion
- Exercise & movement for health

\*where appropriate / desired

# DR KATIE GAMBIER-ROSS

## Dr Katie Gambier Ross

**PhD Health in Social Science  
BSc Neuroscience with  
Psychology  
Neurosomatics Coach  
Yoga Teacher  
EIQ-certified Nutritionist**

### **NEUROSOMATICS COACHING - £279**

**Neurosomatics coaching  
+ ETPHD Method Coaching**

**Contact:  
x2 30-minute video call somatics  
sessions per month  
Weekly written check-ins + response  
Unlimited WhatsApp support**

**\*Price is per month  
(for a minimum of 3 months)**



**ETPHD coaching have worked with thousands of clients and professional athletes to minimise and eradicate unhealthful eating behaviours, improve self-compassion, mindfulness, self-connection, body composition and overall health.**

**When you're happy to get started, reply to Emilia or Katie, or email [info@emilia.fitness](mailto:info@emilia.fitness) to get things moving.**