

KELLY NOLAN, BScPharm.

**Women's Health Expert
& Owner of Avita Integrative Health**

**Best-Selling Author of
*Restore Your Life!***

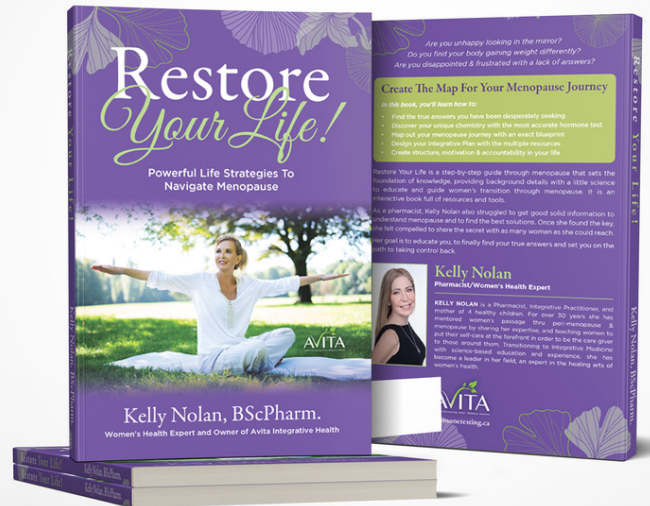
Powerful Life Strategies To Navigate Menopause



Kelly Nolan is a Pharmacist, Integrative Practitioner, and mother of 4 healthy children. For over 30 years she has mentored women's passage thru peri-menopause & menopause by sharing her expertise, and teaching women to put their self-care at the forefront in order to be the caregiver to those around them. Transitioning to Integrative Medicine with the foundation of a pharmacist & scientist, she has been able to educate her clients on the value of blending herbs with traditional medicine, and supporting all aspects of their health with high-grade natural supplements in combination with a healthy lifestyle & stress management. She has become a leader in her field, an expert in the healing arts of women's health.

Restore Your Life! Powerful Life Strategies to Navigate Menopause

In this powerful book, author Kelly Nolan shares her scientific knowledge with a step-by-step guide, tools, resources, and real stories from her own clients' experience. This interactive book sets the foundation of knowledge that marries personal journeys with science to educate and guide women's transition through menopause.



Sample Questions FOR THE HOST

- Why did you decide to write this book?
- Why did you title the book “Restore Your Life”?
- Why is educating women about their health so important to you?
- What are your most asked questions by women?
- What are top 5 symptoms women struggle with during menopause?
- What does the book promise?
- How has your practice evolved over the last 25 years?
- Why do women struggle for answers during menopause?
- What is your educational background?
- Why is the Saliva Hormone Test such an important tool?

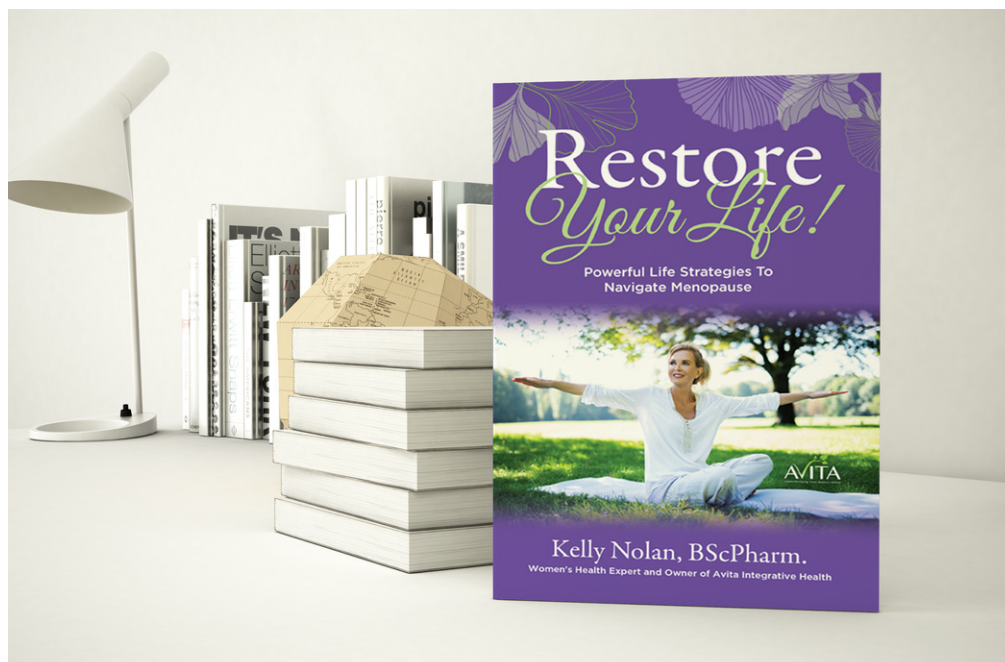


Why is Kelly Nolan an Expert?

Kelly Nolan is a....

- Pharmacist of 30 plus years
- Integrative Practitioner of 25 plus years
- Trained in Pharmacotherapeutic Hormone Restoration Therapy
- Clinical Director & Owner of Avita Integrative Health
- Saliva Hormone Test Specialist

This book is the result of her own successful journey, and her work with hundreds of women over the past 25 plus years. In 1997, ten years into her career as a pharmacist, she started to gain understanding in the science of Integrative Medicine, which is a holistic approach placing the individual at the centre of care, rather than the symptom or disease. In 2007, she complemented this knowledge by developing her skill as a Compounding Pharmacist travelling many times to the US for specialized training in Bio-Identical Hormones. Marrying this with the tool of the Saliva Hormone Kit extended her expertise to developing customized programs for women in peri-menopause and /or menopause with either Bio-identical Hormones, Natural supplements, or a combination of both. In 2009 she opened Avita Integrative Health, an Integrative Clinic & a Compounding Lab.



Ask the Expert

Why become an expert in peri-menopause and menopause challenges?

Why are you so passionate about women's health?

Why did you marry the traditional pharmacist to the integrative practitioner?

Why don't doctors have the answers?

Why choose the "Saliva" Hormone Test over "Blood" work?

How safe is hormone replacement therapy?

What is the difference between bio-identical hormones and natural supplements?

Why do women struggle to find answers do their menopause challenges?

What are the four pillars of women's health?



What People Are Saying...

★★★★★ Giving Women Hope

"Restore Your Life" is an inspirational book full of hope and answers for all women struggling with menopause. Often, women are told to accept menopause as part of aging. We are then left on our own with overwhelming symptoms and facing day to day challenges amidst a life full of responsibilities to others. This book is a gift to women; it's full of tools and resources to help women understand and embrace their journey with a little science and stories of real women. I had many "AHA" moments as many of these stories resonated with my experience and struggles with my own symptoms including unwanted weight gain. Kelly Nolan's understanding, expertise and passion jumps off the pages!

★★★★★ Informative book on women and menopause

Restore your life is a must read for women approaching , in and wanting to get information and help for menopause and well being. In todays day and age a-lot of us are looking for alternative ways to help us live a better fulfilled life! The author a women , pharmacist and health expert gives a personal perspective of her life and how she has gained experience in treating women who would otherwise suffer with menopause weight issues and life . Enjoyed the stories as well as the science behind her method to helping women like me who need and want a better treatment plan and who understands first hand. A must read whether you are struggling or not.

★★★★★ A comprehensive approach to menopause

Kelly Nolan, BSc.Pharm charts a journey that begins with her study of science and her eventual conversion to natural medicine. In a frank, self-revealing style, she touches on health matters important to every woman approaching or experiencing menopause. The book delves deeply into issues such as adrenal fatigue, stress, depression, and body image, as women cope with sudden weight gain, hot flashes, physical aches and pains, and serious health problems in the menopausal years. Nolan herself is honest with her own story, a professional woman advising and treating clients, raising four children, experiencing the stress of marriage breakdown and facing her own cancer issues. Her experiences will ring true with so many women. Her solutions involve mindfulness-based stress reduction; morning and evening routines to promote better sleep, higher energy and mental focus; physical exercise, meditation, and natural treatment through medicinal-strength herbs to balance hormones. She teaches by example, both from her own life and from the cases of chosen clients. This is the book I should have read at 45! I strongly recommend this book for all women facing menopause. --A.R. Grobbo

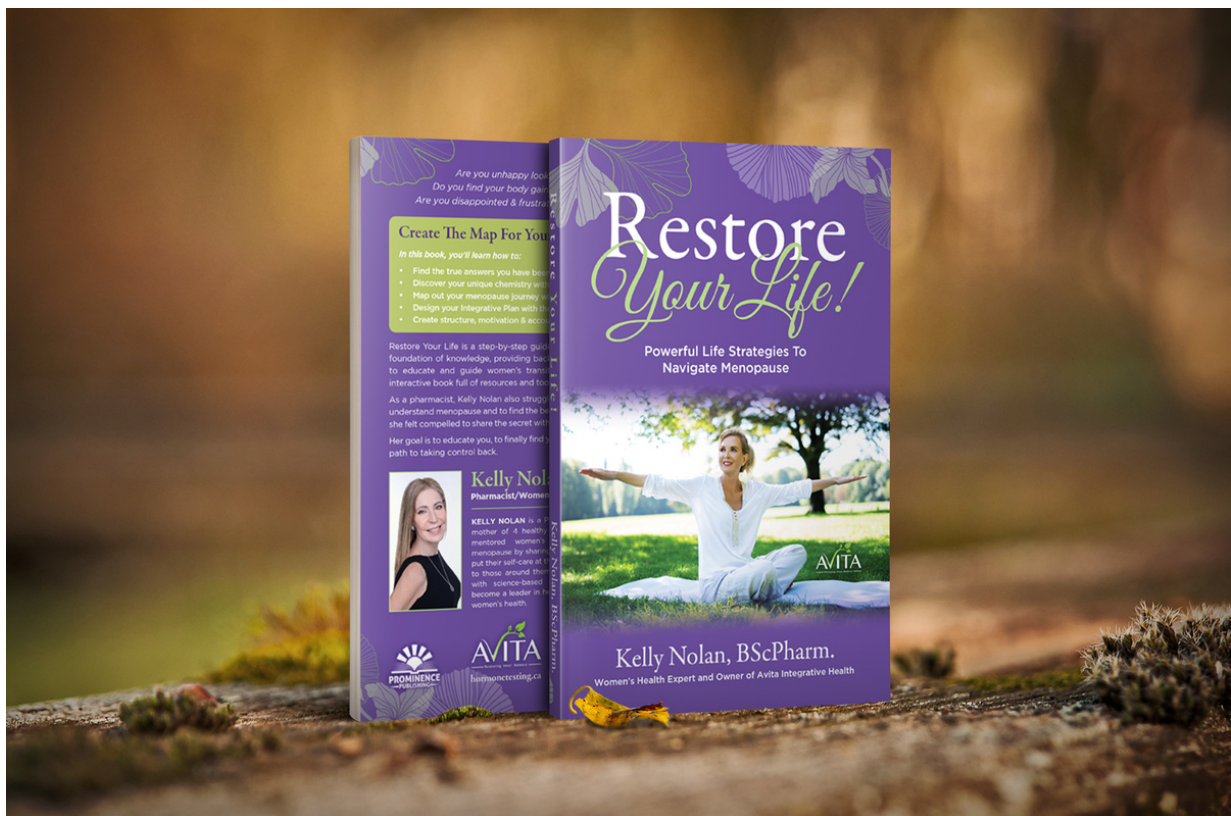
What People Are Saying...

★★★★★ Such a great, insightful book and so helpful

I really loved all the information in this book. Menopause can be very tough for many women, as it was for me. This book provides a wonderful blueprint to help deal with many symptoms. I feel that I now have the tools I need to start feeling healthier and embracing this stage of my life, rather than suffering through it. Thank you Kelly and everyone at AVITA for your help!

★★★★★ You need to read this book!

Like many women I struggled during the initial stages of Menopause, frustrated and disappointed until I found Kelly Nolan's Book, "Restore Your Life". An interactive book full of tools and resources to guide women with "true answers". Even as a pharmacist her "true answers" are most often tailored solutions of natural herbal supplements and structured self-care. This book provides Women with a little science and a very clear understanding of menopause and why our body can change so dramatically. Nolan's message is very clear, "Don't give up hope. There are answers. However those answers are unique to each women!"





Connect with Kelly Nolan

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Our Vision

To bring inspiration, education and empowerment to women all over the world by improving their relationship with themselves in order to have more energy, vitality, purpose and improved self-image.

Our Why

Everything we do is because we believe in self worth, self care, self love and self confidence. We believe that when we feel those traits aligned within ourselves, we are unstoppable and purpose driven.



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Amazon Best Sellers

Our most popular products based on sales. Updated hourly.

Best Sellers in Chronic Fatigue Syndrome

Top 100 Paid Top 100 Free




#1	#2	#3
		
Restore Your Life: Powerful Life Strategies T... » Kelly Nolan ★★★★★ 6 Kindle Edition \$0.99	The Long Haul » Ryan Prior ★★★★★ 4 Kindle Edition \$14.99	MITOCHONDRIAL DYSFUNCTION: A Function... » Michael Chang ★★★★★ 287 Kindle Edition \$4.99

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Our most popular products based on sales. Updated hourly.

Best Sellers in Osteoporosis


Top 100 Paid Top 100 Free

#1	#2	#3
		
Restore Your Life: Powerful Life Strategies T... » Kelly Nolan ★★★★★ 6 Kindle Edition \$0.99	Choir Yoga Bible and All-in Exercises for... Claudine Wells ★★★★★ 47 Kindle Edition \$2.99	Healthy Bones Healthy You! Build Strong... » Lara Pizzomo ★★★★★ 111 Kindle Edition \$9.99

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New Releases in Menopause

#1	#2	#3
		
Restore Your Life: Powerful Life Strategies T... » Kelly Nolan ★★★★★ 6 Kindle Edition \$0.99	The Galveston Diet: The Doctor-Developed, Patient-Proven Plan to Burn Fat and Tame Y... » Mary Claire Haver Kindle Edition \$13.99	Finding Your Balance: Your 360-degree Guide to Perimenopause and Beyond » Shonali Sabherwal Kindle Edition \$16.00

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Hot New Releases in Women's Health




#1	#2	#3
		
Restore Your Life: Powerful Life Strategies T... » Kelly Nolan ★★★★★ 6 Kindle Edition \$0.99	Fast Like a Girl: A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost... Dr. Mindy Pelz Kindle Edition \$16.99	The Baby Manual: The Ultimate Guide for New Parents » Carole Keim Kindle Edition \$1.35

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Top 100 Paid Top 100 Free

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New Releases in Alternative Therapies

#1	#2	#3
		
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