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The Problem



Cravings that control you

You start the day with willpower, but by 3pm you're reaching for sugar or caffeine just to cope.



Energy that crashes

Afternoons leave you foggy and drained, even when you eat healthy.



Digestion on edge

Bloating, discomfort, and unpredictable reactions make meals stressful.



Low iron symptoms

No matter what you try, fatigue, brain fog, and iron-related imbalances (even with 'normal' labs) make steady energy feel out of reach.

The Solution

Introducing: The Calm & Clear Method

A 3-Month Functional Nutrition Program to Rebuild Iron Levels, Energy & Resilience

Your personalized program includes:

- ✓ Functional lab testing & analysis
- ✓ Meal & lifestyle plans that fit real life
- ✓ Supplement + protocol guidance
- ✓ Stress & gut-brain recovery tools
- ✓ Resource library & messaging support

About Me

Welcome, I'm Alysha Breanne — a Holistic & Functional Nutritionist specializing in iron-related imbalances, low ferritin, fatigue, and gut health — especially when symptoms don't clearly show up on standard labs. After years of my own health struggles, I learned that women don't need another diet or quick fix. They need clear answers, compassionate support, and a personalized plan that actually works in real life.

My Approach:



Addressing Imbalances: Using advanced functional testing to uncover patterns



Personalized Nutrition: Practical plans, not one-size-fits-all



Compassionate Support: Accountability, and guidance that feel safe and sustainable

Certifications & Credentials:

- Certified Holistic Nutritionist (CHN)
- Certified Functional Nutrition Practitioner (CFNP)
- Member in good standing of the Canadian Association of Holistic Nutrition Professionals (CAHN-Pro)



Support iron levels.
Rebuild energy.
Think clearly again.



Your Path to Iron & Energy Recovery Starts Here!

Alysha Breanne Holistic Health & Wellness

Personalized Nutrition & Functional Testing for Women Who Want Lasting Results

www.alyshabreanne.com





Contact Information



Location

Surrey, BC (Virtual Sessions)



Email

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Why work with me?

- **15+ Years Experience:** A personal healing journey + professional training since 2003.
- **Advanced Testing:** Gut and nutrient absorption imbalances.
- **Personalized Plans:** Tailored nutrition and lifestyle strategies that fit real life.
- **Compassionate Support:** Empathy, accountability, and clear guidance every step.
- **Lasting Results:** A realistic approach designed for sustainable change.

Schedule Your Free Discovery Call Today!



Scan QR code

Scan to learn more about my 3-Month Calm & Clear Method + book your free Discovery Call!



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The Missing Link Between Your Gut & Iron Levels

Millions of women deal with fatigue, brain fog, dizziness, and cravings without realizing how closely iron status and gut health are connected. These imbalances are common – and they don't always show up on conventional labs, even when symptoms are present. I use advanced testing to uncover answers and help you restore balance.

When your iron levels & gut health are working with you (not against you):

- ✓ Your energy feels steady instead of crashing mid-day
- ✓ Your brain feels clearer and focus improves
- ✓ Lightheadedness and exhaustion ease
- ✓ Your stress response softens
- ✓ Digestion feels calmer and more predictable

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