

Your hunger hormones don't respond the same way as others. Let's see how yours work.

Lose Weight More Easily with a Personalized GLP-1 Programme

Q1 Select the GLP-1 programme designed for you

Plan for Men, Plan for Women

For women: Trusted by over 1.5 million women looking for a calmer, more manageable approach to weight loss ****For men: Trusted by over 1.2 million men looking for a more manageable approach to weight loss

Q2 Are you currently taking a GLP-1 medication for weight control?

Yes , No, I'd rather not answer

Q3 – How familiar are you with hunger & satiety hormones such as GLP-1 ?

Beginner, Heard a bit, Expert (seeding belief that hormonal knowledge matters).

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Info Block #1

What is the Personalized GLP-1 Programme?

If you're often hungry soon after eating, it's not a willpower issue — it's a **hunger-signal issue**.

The **Personalized GLP-1 Programme** is built around **GLP-1**, the hormone that tells your brain you're full. When this signal is weak, cravings stay high and dieting feels hard.

GLP-1 medications such as Ozempic proved one thing: **when hunger is regulated, weight loss becomes easier**.

This programme supports your body's natural GLP-1 response through food and meal structure — **without injections or medication**.

When hunger goes down, weight loss follows.

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Q4 What would you like to focus on?

Select all that apply:

- Weight control
- Body toning
- Overall health
- Natural GLP-1 support
- Medication support
- Metabolic health
- Energy levels
- Gut health

Q5 – Which body type best describes you?”

FOR MEN

Slim

Average

Soft midsection

Overweight

FOR WOMEN

Slim

Average

Curvier

Overweight

Q6 – How would you like to look?

FOR MEN

A bit smaller

Lean

Athletic

Defined

FOR WOMEN

A few sizes smaller

Fit

Toned

Curvier

Q7 Are there any areas you'd like to focus on?

If you're already happy with how you look, you can continue

Arms

Back

Glutes

Chest

Midsection

Legs

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Info Block #2

For men

Many users report visible progress within the first month

Illustrative example

Lost 14 kg and finally seeing clear shape again

“I’d been thinking about GLP-1 medications, but the potential side effects and the idea of lifelong treatment scared me. Then I discovered a GLP-1 approach that works through the same mechanism—naturally. The results were incredible. In about 5 weeks, I lost around 14 kg and finally felt in control of my eating again. Simple meals, no tracking, no intense workouts.”

— Alex R., 39

For women

Many users report visible progress within the first month

Illustrative example

Lost around 16 kg and felt lighter, more energized, and less bloated

“I had just over a month before my wedding and needed something that actually worked. I tried medication first, but I had to stop because of the side effects. That’s when I turned to a GLP-1–focused eating approach—and finally started making real progress without medication. Over the next few weeks, I lost about 16 kg, my bloating eased, cravings settled down, and my energy noticeably improved. The best part was that I didn’t have to give up the foods I enjoy.”

— Laura M., 42

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Q8 What best describes your daily routine?

Desk-based

Very active

Train often

Home-focused

Q9 – How do your energy levels feel during the day?

Low all day

Post-lunch slump

Tired before meals

Stable and high

Q10 How active are you?

Never

A few times per month

A few times per week

Most days

Q11 Describe your typical weight pattern

Gain easily & lose slowly

Gain & lose easily

Struggle to gain weight or muscle

Q12 – When did you last feel at your ideal weight?

Within the past year

1–3 years ago

More than 3 years ago

Never

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INFO BLOCK #3

Designed by endocrinologists and nutrition experts, the **Personalized GLP-1 Programme** helps your body send **stronger fullness signals** using food and meal timing — so eating less feels natural, not forced.

Powered by AI, your plan adapts based on how **your hunger actually responds**, removing guesswork and effort.

What this means for you:

- You feel full sooner and crave less - **without medication or injections**
- Energy and blood sugar stay more stable
- Weight loss feels easier, similar to what people associate with GLP-1 medications — without their side effects

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Q13 – Which diets have you tried recently?

Select all that apply:

Keto diet

atžymėta

Intermittent fasting

atžymėta

Vegetarian diet

atžymėta

Vegan diet

atžymėta

Low-carb diet

atžymėta

Gluten-free diet

atžymėta

Other

atžymėta

None of the above

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Info Block #4

Lose up to 3× more weight with a personalized programme compared to standard meal plans

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Q14 What's your primary motivation for losing weight and getting healthier?

For MEN

Feel more confident

Increase attractiveness

Boost energy & health

Improve mental well-being

Fit clothes better

Support GLP-1 medication results

Other

For women

Feel more confident

Increase attractiveness

Boost energy & health

Improve mental well-being

Fit clothes better

Return to shape after pregnancy

Other

Q15 – What is your height?

Input field (cm or inches)

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INFO BLOCK #5

👉 Why we calculate BMI

BMI helps us understand your weight range based on your height, so we can better tailor your plan.

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Q16 What is your current weight?

Input field (kg or lbs)

<aside> !!

INFO BLOCK #6

! Your BMI is 15.6, which falls below the typical range

🔥 A good starting BMI for building a fit body

Research shows that a GLP-1–focused diet can support metabolism, promote weight loss, improve muscle strength, and contribute to better overall health.

! Your BMI is 25.4, which is above the typical range

This means your weight is slightly higher than recommended for your height.

We'll use your BMI to create a personalized weight-loss plan designed specifically for you.

! Your BMI is 35.2, which is well above the typical range

Losing some weight could bring meaningful benefits to your health and energy levels.

We'll use your BMI to build the personalized weight-loss programme that best fits your needs.

</aside>

Q17 What is your target weight?

Input field (kg or lbs)

<aside> !!

INFO BLOCK #7

👉 **HEALTH BENEFIT TARGET: lose 10% of your body weight**

Research shows that losing 10% or more of your body weight can lower the risk of several weight-related health issues, including heart disease, elevated blood sugar, and inflammation in blood vessels.

👉 **MORE AMBITIOUS GOAL: lose 44% of your body weight**

According to studies, people with excess weight who lose more than 20% of their body weight are nearly **2.5× more likely** to achieve healthy metabolic markers compared to those who lose 5–10%.

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Q18 How old are you?

[PLACE TO ENTER AGE]

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INFO BLOCK #8

👉 Your age helps us tailor your programme.

With age, metabolism can slow and body fat levels may increase, even at the same BMI.

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INFO BLOCK #9

Your Personal Summary

Body Mass Index (BMI)

You — XX

Underweight

Healthy

Overweight

Obese

👉 A good starting BMI for building a fit body

Research shows that a GLP-1–focused diet can support metabolism, promote weight loss, improve muscle strength, and contribute to better overall health.

! Your BMI is 25.4, which is above the typical range

This means your weight is slightly higher than recommended for your height.

We'll use your BMI to create a personalized weight-loss plan designed specifically for you.

! Your BMI is 35.2, which is well above the typical range

Losing some weight could bring meaningful benefits to your health and energy levels.

We'll use your BMI to build the personalized weight-loss programme that best fits your needs.

Body Fat

Activity Level

Energy Level

Goal

</aside>

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INFO BLOCK #10

We estimate you could reach XX kg by April 14, 2026

👏 Good news!

Based on progress seen by users following the **Personalized GLP-1 Programme**, we estimate you can reach your target weight of **50 kg** by **April 14, 2026**, if you stay consistent with your plan.

</aside>

Q19 How many meals per day do you prefer?

Three meals (breakfast, lunch, dinner)

Four meals (with one snack)

Five meals (with two snacks)

Q20 Would you like to exclude any proteins or dairy?

Proteins and dairy:

I eat them all

atžymėta

Chicken

atžymėta

Turkey

atžymėta

Red meat

atžymėta

Eggs

atžymėta

Greek yogurt

atžymėta

Cheese

atžymėta

Tuna

atžymėta

Salmon

atžymėta

Shrimp

atžymėta

Lentils

atžymėta

Tofu

atžymėta

Edamame

atžymėta

Kidney beans

Q21 Would you like to exclude any fruits or vegetables?

Fruits and vegetables:

I eat them all

atžymėta

Olives

atžymėta

Avocados

atžymėta

Tomatoes

atžymėta

Cucumber

atžymėta

Broccoli

atžymėta

Spinach

atžymėta

Zucchini

atžymėta

Bell peppers

atžymėta

Mushrooms

atžymėta

Onions

atžymėta

Potatoes

Q22 Would you like to exclude any nuts or grains?

Nuts and grains:

I eat them all

atžymėta

Almonds

atžymėta

Walnuts

atžymėta

Peanuts

atžymėta

Pasta

atžymėta

Rise

atžymėta

Couscous

atžymėta

Quinoa

atžymėta

Oats

atžymėta

Buckwheat

atžymėta

Corn

atžymėta

Bread

<aside> !!

INFO BLOCK #11

Based on your food preferences, we've built **1,000+ personalized meal combinations** to naturally support GLP-1 and move you toward your goals — no injections, no side effects. Powered by AI trained on a database built by endocrinologists and nutrition experts, your plan keeps adapting to match your body, goals, and preferences.

</aside>

Enter your email to receive your Personalized GLP-1 Programme.

Email input field

CTA button: *Get my plan*

By continuing, you agree to our Privacy Policy. We respect your privacy and will never sell, rent, or share your email address. That's not just a policy — it's our personal guarantee.

RESULTS PAGE

Your Personal Summary

Based on your quiz responses, it appears your metabolic age may be higher than average, which can contribute to carrying extra body weight.

Current BMI

You — 35.2

Underweight

Healthy

Overweight

Obese

Your weight category: Obese

Fat-Burning Rate

Your fat-burning rate: Slow

A slower fat-burning rate can make weight loss more challenging and increase the likelihood of regain.

Fat-Burning Rate Scale

You: 18%

Slow

Average

Fast

Your fat-burning rate: Slow

A slower fat-burning rate can make it more difficult to lose weight and maintain results over time.

Fat-Burning Rate

You: 18%

Slow

Average

Fast

Comparison Table

Currently

- Higher fat storage
- Weight gain happens easily
- Strong hunger and frequent cravings
- Digestive discomfort
- Low energy and poor sleep
- Reduced GLP-1 activity

With a GLP-1–Focused Diet

- Improved fat-burning efficiency

- Gradual, steady weight loss
 - Better appetite regulation
 - Balanced gut health
 - More consistent energy
 - Stronger GLP-1 response
-

Your Personalized GLP-1 Programme is ready!

Switch off hunger and see visible progress within 4 weeks

What does your Personalized GLP-1 Programme include?

1,000+ GLP-1–Aligned Recipes

A fully personalized meal plan built around your preferences, designed to make weight management easier and genuinely enjoyable.

100+ Movement & Exercise Options

A mix of simple workouts, yoga sessions, guided movement, and relaxation practices to support progress without overwhelm.

Personalized Motivation Challenges

Light, achievable challenges matched to your quiz answers — focused on consistency, ease, and great-tasting meals.

Nutrition & Wellness Resources

Clear, practical guides covering nutrition, movement, lifestyle habits, and mental well-being, created by experienced nutrition professionals, trainers, and health specialists.

Progress Tracking & Insights

Smart tools that help you monitor changes, visualize progress, and stay on track toward your goals over time.

AI-Powered Personalization & Continuous Improvement

Your plan uses AI-driven analysis of your progress and feedback to continuously refine meal choices, recommendations, and structure — improving your plan over time as your body and needs change.

You don't have to take our word for it.

See how people are describing their experience with the Personalized GLP-1 Programme

We've already supported millions of people in working toward their body goals — and you could be next.

“I’m just over two weeks in and already down 12 kg. I feel more energized every day, and for the first time in a long while, I actually like what I see when I look in the mirror.”

Megan L.

“I started Ozempic a couple of months ago, but the scale didn’t really move until I paired it with a Personalized GLP-1 Programme. In 8 weeks, I lost 25 kg and finally started feeling comfortable in my body again.”

Rachel D.

“My doctor told me I was heading toward pre-diabetes and needed to make a change. After following this plan, I lost 34 kg in about two months. It completely changed how I feel day to day.”

Daniel K.

“I lost 24 kg in 7 weeks. The meals are satisfying, my cravings faded, and the weight finally started coming off. I feel lighter, healthier, and more confident.”

Sophie M.

Section 1 – Hero

Your 51% discount is locked in

Time remaining: 14:09

Access my plan

Section 2

Your personalized programme is ready!

Goal

Target weight

This offer expires in 14:50

Choose your option

7-Day Programme

~~\$13.24~~ \$6.49 0,92 / day

MOST POPULAR — 51% OFF

1-Month Programme

~~\$26.51~~ \$12.99 0,43 / day

3-Month Programme

~~\$44.88~~ \$21.99 0,24 day

I agree to the **Terms & Conditions** and **Privacy Policy**

By clicking “**GET MY PROGRAMME**”, I agree to pay **€12.99** today.

If I do not cancel before the end of the 1-month programme period, my payment method will be charged the regular price of **€26.51** every month until I cancel by contacting **hello@glpdiet.app**

Section 3

What's included in your programme

1,000+ GLP-1–Aligned Recipes

A fully personalized meal plan built around your preferences, designed to make weight management easier and genuinely enjoyable.

100+ Movement & Exercise Options

A mix of simple workouts, yoga sessions, guided movement, and relaxation practices to support progress without overwhelm.

Personalized Motivation Challenges

Light, achievable challenges matched to your quiz answers — focused on consistency, ease, and great-tasting meals.

Nutrition & Wellness Resources

Clear, practical guides covering nutrition, movement, lifestyle habits, and mental well-being, created by experienced nutrition professionals, trainers, and health specialists.

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Your plan uses AI-driven analysis of your progress and feedback to continuously refine meal choices, recommendations, and structure — improving your plan over time as your body and needs change.

GET MY PROGRAMME

Section 4

Real User Success Stories

Down 22 kg in just a few weeks

“I had been slowly gaining weight for years, and it was starting to affect how I felt day to day. I decided to combine a GLP-1–focused nutrition approach with my medication, and the change was dramatic. In about six weeks, I lost 22 kg and many of the symptoms I struggled with eased quickly. The programme was simple to follow and didn’t feel overwhelming at all.”

Laura H.

Lost 17 kg — feeling better than ever

“I work long hours and never thought I’d find something that fit my schedule. After starting a GLP-1–aligned eating approach, I lost 17 kg in around four weeks. My energy improved, my confidence went up, and I finally felt in control around food again. I still enjoy the meals I love, which made all the difference.”

Emily R.

Dropped multiple clothing sizes

“Over ten weeks, I lost about 41 kg following this programme. The meals were easy, satisfying, and my cravings disappeared early on. I had more energy than I’d had in years. What surprised me most was realizing I didn’t need injections — this approach helped my body respond naturally.”

Daniel T.

Section 5

Your personalized programme is ready!

Goal

Target weight

This offer expires in 14:50

Choose your option

7-Day Programme

~~\$13.24~~ \$6.49 0,92 / day

MOST POPULAR — 51% OFF

1-Month Programme

~~\$26.51~~ \$12.99 0,43 / day

3-Month Programme

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Section 6

Got questions? We've got answers.

Do I need GLP-1 medication for this to be effective?

No. This programme is built to support the body systems that influence appetite, fullness, and blood-sugar balance — the same systems GLP-1 medications act on — by using food structure and daily habits to stimulate your body's own response.

If you're not using medication, the programme helps reduce hunger and cravings naturally, without injections or drug-related side effects.

If you *are* using GLP-1 medication, the programme fits alongside it and is designed to:

- Help maximize your progress
- Support consistent energy and nutrient intake
- Ease common issues like nausea, low energy, or digestive discomfort
- Make results feel more stable and sustainable over time

In short: it stands on its own — and it also works well as support if medication is part of your routine.

How is my experience personalized?

Your setup is shaped around how you live — your schedule, food preferences, comfort level, and goals. The idea is to remove friction, not add rules, so everything fits naturally into your day.

In addition to nutrition, your experience includes gentle movement options such as simple workouts and yoga, matched to your current fitness level. Together, these elements support appetite regulation while helping you feel lighter, stronger, and more energized.

What kind of meals does this include?

The focus is on foods that are easy on digestion and help you feel satisfied longer. Meals are built using lean protein sources, fiber-rich vegetables, slow-digesting carbohydrates, and healthy fats.

Everything is designed to support steadier appetite signals, smoother digestion, and gradual fat loss — without making eating feel restrictive or complicated.

When should I expect changes?

Many people notice improvements in how they feel — including better energy and less food preoccupation — within the first couple of weeks. Visible changes often follow within **2 to 4 weeks**, depending on starting point and consistency.

The approach prioritizes progress you can maintain, not short-term extremes.

Will I need to track calories or macros?

No tracking required. The structure is designed so meals naturally support your goals without weighing, logging, or constant monitoring. You eat balanced meals and let the system handle the rest.

Are the recipes complicated?

Not at all. Most meals can be prepared in **10–30 minutes** using everyday ingredients. Whether you enjoy cooking or prefer to keep things simple, the recipes are designed to fit real life.

Does the programme change as I go?

Yes. As you move forward and your needs change, the recommendations are adjusted based on your progress and feedback. This helps keep things aligned with your goals instead of staying static.

Section 7

Risk-free guarantee

If you decide this isn't right for you, contact our support team and you can cancel at any time without extra charges.



A special BONUS just for you

Get lifetime access with a one-time 73% discount

This upgrade is only available right now — once you leave this page, it won't be shown again.

One payment. Unlimited access.

Here's what lifetime access gives you:

✓ **Long-term weight support**

Build habits that help you keep results instead of starting over again.

✓ **Fully personalized experience AI-powered personalization**

Your programme continues adapting to your body, preferences, and progress over time.

✓ **Priority customer support**

Get faster assistance whenever you need help or guidance.

✓ **Ongoing improvements & updates**

New content, refinements, and optimizations added regularly — included at no extra cost.

Unlock lifetime access with a special 73% discount

Lifetime access — one-time payment

~~€370.33~~ **€99.99**

No monthly fees. No renewals. No surprises.

Lifetime access gives you continued use of the platform and all included features for as long as the service is available, with a single upfront payment.

☒ **Yes — upgrade my access**

☐ **No thanks, I'll pass on this upgrade**

CHART

Spend less. Keep the results.

Choosing lifetime access can save you hundreds compared to ongoing monthly payments — while keeping all your tools and progress in one place.

Monthly access: €479.76 per year

Lifetime access: €99.99 one-time

Pay once. Keep access.

 **Join the 83% who chose lifetime access — and finally made their results last**

More than **15 million women** have already trusted our programs

Emma lost 26 kg in 3 months

“Within the first few weeks, the bloating eased, my skin looked clearer, and I stopped hitting that afternoon energy crash. I had tried supplements and hormone fixes for years, but this approach delivered better results than everything I’d tried before. I’m already down 26 kg and finally feel in control.”

— **Emma R., 38**

Natalie lost 17 kg in 2 months

“I dealt with heavy PMS, mood swings, bloating, and constant fatigue. After following my personalized program for two months, everything feels more stable and manageable. I also love knowing I paid once and don’t have to think about monthly subscriptions anymore.”

— **Natalie M., 44**

Claire lost 20 kg in 2 months

“I’ve jumped from diet to diet for years, and nothing ever stuck. This was the first time I truly understood how my body works. My cycle feels more regular, discomfort is milder, and my clothes fit again. I chose lifetime access because I never want to go back to where I was.”

— **Claire D., 52**

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New content, refinements, and optimizations added regularly — included at no extra cost.

Unlock it now with a 73% savings

Lifetime Access

~~\$370.33~~ **\$99.99**

One single payment gives you **ongoing, unrestricted access** to the GLPdiet app for as long as the application remains available. No renewals. No recurring charges.

Yes — unlock lifetime access

No thanks, I'll pass on this offer

Individual outcomes vary based on personal factors. These statements have not been reviewed by the Food and Drug Administration. This product is not designed to diagnose, treat, cure, or prevent any medical condition. GLPdiet is not a medical provider and does not offer medical advice. Users are responsible for assessing their own health and suitability.

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HYPNNOTHERAPY

75% Discount — Only Valid for 00Hour14Minutes43Seconds

Your answers show you're ready for lasting progress — not temporary fixes.

That's why the best next step for you is the

5-Weeks Hypnari Transformation Plan.

It's designed to support appetite regulation, reduce cravings, and work with your body's natural GLP-1 response — instead of fighting it.

Most people following this approach see significantly better weight results than with traditional methods, and many find their progress easier to maintain long term.



Unlimited access to the full Hypnari audio library



Personalized, goal-driven hypnotherapy plan



Long-term weight control guidance & tools



Works on any device — phone, tablet, or desktop



24/7 support when you need it

Limited-time offer

Get My Transformation Plan — Only \$5

Total today for 7-day trial: **\$5**

Your cost per 30 days after the trial: (~~\$235.99~~) **\$59**

Encrypted & Guaranteed Secure Payment

Start your Transformation Plan for just \$5 with a 7-day trial!

You are enrolling in a monthly subscription to the HYPNARI service. For only \$5, you'll have unlimited access during your 7-day trial period. If you love the service and do not cancel before your trial ends, your subscription will automatically continue at \$59 every 30 days until you cancel. You can cancel your subscription at any time in your account settings or by emailing us at hello@hypnari.com. Your payment will appear on your bank statement as "Hypnari Plan". For full details, please see our [Subscription Terms](#) and [Money-back policy](#).

[START NOW](#)

Why customers love us?



With Hypnari, I lost 25 lbs and saw my belly shrink faster than I thought possible. But the best part? I now have full control over my eating and my emotions.



I'll be honest — I didn't think something like Hypnari would actually work for me. But it helped me get to the real reasons behind my overeating — mostly stress and anxiety. I've lost just over 18 pounds, and for the first time, I feel in control of my habits.



I didn't expect something so gentle to be so effective. Hypnari helped me face the emotions that were keeping me stuck. Each session left me calmer and more aware, and over time, my attitude toward food completely changed.

Hypnotherapy was covered in

Bloomberg

**BUSINESS
INSIDER**

yahoo! finance



How does it work?

- 1. Sit somewhere calm and distraction-free**
- 2. Log in to the member area and play your daily session**

3. Listen for 15 minutes each day — consistency matters

4. Start noticing real changes within a week

START NOW

If you're not sure yet, take a moment to listen to your first session — and let it speak for itself.

Audio Player

People often ask us

What happens after I order?

Each hypnotherapy session is available in your member area with easy-to-follow guidance. Every session includes a 15-minute audio you can listen to anytime on your phone, tablet, or computer.

How was the Hypnari hypnotherapy course developed?

Our hypnotherapy program was created by certified specialists with over 30 years of combined experience. Together, they've helped thousands of people overcome emotional eating, stress-related habits, and other weight challenges.

Would hypnotherapy be safe for you?

Hypnotherapy is a gentle, safe method of therapy carried out in a relaxed and comfortable setting. It requires no physical contact or medication, making it a completely non-invasive and low-risk way to support your wellbeing.

Limited-time offer

Get My Transformation Plan — Only \$5

Total today for 7-day trial: **\$5**

Your cost per 30 days after the trial: (~~\$235.99~~) **\$59**

Encrypted & Guaranteed Secure Payment

Start your Transformation Plan for just \$5 with a 7-day trial! You are enrolling in a monthly subscription to the HYPNARI service. For only \$5, you'll have unlimited access during your 7-day trial period. If you love the service and do not cancel before your trial ends, your subscription will automatically continue at \$59 every 30 days until you cancel. You can cancel your subscription at any time in your account settings or by emailing us at hello@hypnari.com. Your payment will appear on your bank statement as "Hypnari Plan". For full details, please see our [Subscription Terms](#) and [Money-back policy](#).

[START NOW](#)

Money-back Protection

We truly believe Hypnari will help you unlock the power of your mind and achieve lasting weight loss — by changing the way you think, feel, and respond to food. But if it doesn't feel meaningful or transformative to you, we'll gladly refund your money. Many have experienced real breakthroughs with Hypnari, and we hope you do too. See what's included (and not) in our [Money-Back Policy](#)

NEW OTO4 PDF BOOK 30-Day Mindful Eating Journal

Break Emotional Eating at the Root — Gently, Daily, and for Good

Your answers show that food has been doing more than feeding your body.

It's been helping you cope, soothe, and survive.

That's exactly why this next step matters.

The **30-Day Mindful Eating Journal** is designed to help you slow down, reconnect with your body, and finally understand *why* you eat — not just *what* you eat.

Instead of rules, restriction, or willpower, this journal builds awareness, safety, and choice — the real foundations of lasting change.

Just **5 minutes a day** can interrupt emotional eating patterns that have felt automatic for years.

What Makes This Journal Different

This journal helps you:

- Recognize the difference between **physical hunger and emotional hunger**
 - Identify the **emotions, triggers, and needs** behind cravings
 - Calm your nervous system before eating becomes automatic
 - Replace urgency with **pause, clarity, and self-trust**
 - Build a compassionate relationship with food — without shame
-

Get 80% off today

30-Day Mindful Eating Journal

~~\$64.95~~ **\$12.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside the 30-Day Mindful Eating Journal, You'll Find

- **30 guided daily reflection pages** to track emotional and physical hunger
 - **30 nervous-system regulation tools** to interrupt cravings gently
 - Practices that reduce urgency, stress eating, and emotional reactivity
 - End-of-journey reflections to anchor lasting awareness
 - A **progress tracker** to recognize real internal change
-

Real results from real users

Just what I was looking for

"This journal helped me slow down and finally notice my eating patterns. It's simple, practical, and surprisingly motivating. I became aware of my habits without feeling restricted, and that alone helped me make better choices. I feel calmer around food and more in control."

Emily R., 39

★★★★★

Changed how I think about eating

"I didn't realize how often I was eating on autopilot until I started using this journal. It completely changed how I understand hunger and cravings. The daily prompts made mindful eating feel natural, not forced. It helped me lose weight and feel better mentally too."

Sandra M., 55

★★★★★

Easy to stick with

"I've tried many approaches before, but this journal felt different. It's easy, gentle, and realistic. I stopped emotional snacking and started listening to my body. For the first time, it feels like something I can actually maintain long term."

Nicole W., 34

★★★★★

Special One-Time Offer

30-Day Mindful Eating Journal

Get 80% off today

30-Day Mindful Eating Journal

~~\$64.95~~ **\$12.99**

Yes, add this to my order

No thanks, I'll pass on this offer

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NEW OTO5 PDF BOOK The Mindful Slimming Cookbook

How to eat mindfully & slim down with ease

Enjoy simple, satisfying meals that support weight loss without stress or restriction.

- Reduce overeating with naturally filling meals

- Make healthy eating simple with easy, everyday recipes
 - Feel satisfied and in control without tracking or dieting
-

What Makes This Cookbook Different

This cookbook helps you:

- Prepare meals that **naturally reduce overeating and cravings**
 - Stay full longer with **balanced, satisfying combinations**
 - Avoid energy crashes and late-night hunger
 - Eat in a way that supports calm digestion and appetite control
 - Lose weight without restriction, tracking, or willpower
-

Get 80% off today

The Mindful Slimming Cookbook

~~\$64.95~~ **\$12.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside The Mindful Slimming Cookbook, You'll Find

- **40 calming, weight-supportive recipes** designed to reduce appetite stress
 - Morning, lunch, evening, and unwind meals that match your body's rhythm
 - Recipes that support steady energy, better sleep, and less evening hunger
 - A **weekly meal planner** built around ease, not perfection
 - A **simple food prep guide** that removes decision fatigue and pressure
-

Real results from real readers

Exactly what my body needed

"I finally stopped fighting food. These meals feel warm, comforting, and grounding — and somehow I started eating less without trying. My cravings are quieter, my evenings are calmer, and I feel more at ease around food than I have in years."

Marina L., 41

★★★★★

Changed how I experience eating

“This book completely reframed weight loss for me. Instead of trying to control my appetite, I learned how to support it. The recipes are simple but incredibly satisfying. I feel more stable, more energized, and lighter — physically and mentally.”

Elena P., 56

★★★★★

Simple, calming, and sustainable

“I’ve tried countless plans, but this is the first one that feels realistic. No stress, no guilt — just food that actually makes me feel good. I stopped emotional eating without forcing myself, and that alone made a huge difference.”

Hannah R., 35

★★★★★

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NEW OTO6 PDF BOOK The Sleep Slimming Secret

How to sleep better & lose weight naturally

Discover how improving your sleep can quietly support weight loss — without dieting, tracking, or forcing willpower.

- Reduce late-night cravings by calming your body before bed
 - Support fat burning by aligning sleep with your natural rhythm
 - Wake up feeling lighter, more rested, and in control
-

This book helps you:

- Understand **why cravings hit hardest at night**
 - Calm stress hormones that block fat loss
 - Improve sleep so your body burns fat while resting
 - Reduce nighttime snacking without restriction
 - Support appetite balance by fixing sleep first, not food
-

Get 80% off today

The Sleep Slimming Secret

~~\$74.95~~ **\$14,99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside *The Sleep Slimming Secret*, You'll Find

- A clear explanation of how **sleep affects hunger, hormones, and fat storage**
 - Simple evening habits that reduce cravings without willpower
 - Guidance on calming cortisol and stabilizing nighttime appetite
 - A practical **wind-down routine** that fits real life
 - Tools to improve sleep quality and support natural fat burning
-

Real results from real readers

Finally understood my night cravings

"I always blamed myself for snacking at night. This book helped me understand it wasn't lack of discipline — it was sleep and stress. Once I changed my evenings, the cravings eased on their own. I'm sleeping better and feeling lighter."

Sofia L., 44

★★★★★

Weight loss felt easier

"I didn't change my diet much, but I changed how I sleep. That alone made a huge difference. I wake up less hungry, feel calmer at night, and stopped overeating without trying to control myself."

Natalie K., 52

★★★★★

Simple and realistic

"This was the first approach that actually made sense to me. No strict rules, no pressure — just understanding how my body works. My sleep improved and the scale finally started moving."

Claire M., 36

★★★★★

Special One-Time Offer

The Sleep Slimming Secret

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~~\$74.95~~ **\$14.99**

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NEW OTO7 PDF BOOK From Hormonal Chaos to Daily Stability

Restore balance with simple food, sleep, stress, and movement habits

Feel calmer, more energized, and back in control by supporting your hormones the right way.

- Reduce bloating, fatigue, and stubborn cravings
 - Support steady energy with hormone-friendly food choices
 - Feel more balanced without extreme diets or complicated routines
-

This guide helps you:

- Understand **what your hormones actually do** and why they feel “off”
 - Spot early signs of imbalance like fatigue, cravings, mood swings, and bloating
 - Support hormones through **food, sleep, stress, and movement**
 - Lower cortisol and blood sugar spikes that drive weight gain
 - Work *with* your body instead of fighting it
-

Get 80% off today

From Hormonal Chaos to Daily Stability

Hormone Balance Guide

~~€74.95~~ **€14.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside *From Hormonal Chaos to Daily Stability*, You'll Find

- A clear breakdown of **key hormones** and how they affect weight, mood, and energy
 - Simple food swaps that reduce cravings and support blood sugar
 - Practical guidance on **stress, sleep, and self-care** that actually works
 - Movement suggestions matched to your body's needs — not burnout
 - Natural supplements and nutrients explained in plain language
 - Easy next steps you can apply immediately
-

Real results from real readers

Finally understood what was happening in my body

"This guide explained things I've struggled with for years in such a simple way. Once I understood my hormones, everything made more sense — my energy, cravings, even my sleep. I feel calmer and more in control now."

Natalie K., 38

★★★★★

Helped me feel steady again

"I was tired all the time and blamed myself. This guide showed me it wasn't willpower — it was imbalance. The food and stress tips were easy to follow, and I noticed changes within weeks."

Monica D., 52

★★★★★

Practical and easy to apply

"I liked that this wasn't overwhelming. No extreme rules, just small changes that actually helped. My bloating reduced, my sleep improved, and I finally feel more like myself again."

Olga S., 45

★★★★★

Special One-Time Offer

From Hormonal Chaos to Daily Stability

Hormone Balance Guide

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~~€74.95~~ **€14.99**

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NEW OTO8 PDF BOOK The Practical Guide to Intermittent Fasting

How to use intermittent fasting the easy way

Improve energy, metabolism, and weight loss without extreme diets or stress.

- Lose weight naturally without cutting out foods you enjoy
 - Boost energy and focus with simple fasting routines
 - Support metabolism and blood sugar with easy-to-follow methods
-

A Smarter, Simpler Way to Use Fasting

This guide helps you:

- Understand **how fasting works** and why it supports weight loss
 - Choose the **fasting method that fits your lifestyle**
 - Reduce hunger and cravings during fasting periods
 - Avoid common fasting mistakes that slow results
 - Fast safely without extreme restriction or burnout
-

Get 80% off today

The Practical Guide to Intermittent Fasting

~~\$74.95~~ **\$14.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside The Practical Guide to Intermittent Fasting, You'll Find

- A clear explanation of **what intermittent fasting is** and how it works
 - The most popular fasting methods (16:8, 5:2, 24-hour fasts, and more)
 - Tips to manage hunger, hydration, and energy while fasting
 - Guidance on **what to eat and drink during fasting windows**
 - Simple advice for exercising safely while fasting
 - Common FAQs answered so you can fast with confidence
-

Real results from real readers

Easy to follow and realistic

"I was intimidated by fasting at first, but this guide explained everything in a simple, calm way. I finally understood how to fast without starving myself. My energy improved and weight loss followed naturally."

Sophie T., 38

★★★★★

Helped me fast without stress

"I've tried fasting before and failed. This guide showed me why. Once I followed the steps properly, hunger became manageable and my routine felt sustainable. I feel lighter and more in control."

Daniela M., 52

★★★★★

Clear, practical, and motivating

"This guide doesn't push extremes. It explains fasting in a way that makes sense. I learned which method works best for me, and now fasting feels like a lifestyle — not a struggle."

Laura K., 34

★★★★★

Special One-Time Offer

The Practical Guide to Intermittent Fasting

Get 80% off today

~~\$74.95~~ **\$14.99**

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NEW OTO9 PDF BOOK The 30-Day Cortisol Reset Plan

How to lower stress & feel balanced again — one day at a time

Follow a simple 30-day routine designed to calm your body, steady your emotions, and reduce stress overload without drastic changes.

- Lower daily stress with short, guided actions
 - Feel calmer, more focused, and less overwhelmed
 - Support better sleep, mood, and weight balance naturally
-

A Calm, Step-by-Step Reset for Your Body & Mind

This 30-day plan helps you:

- Reduce high cortisol levels with **small daily habits**
 - Feel calmer using **breathing, grounding, and mindfulness**
 - Break stress-driven cravings and emotional eating cycles
 - Improve sleep quality and daytime energy
 - Build stress resilience without extreme routines or pressure
-

Get instant access today

The 30-Day Cortisol Reset Plan

~~\$79.95~~ **\$15.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside The 30-Day Cortisol Reset Plan, You'll Find

- **30 daily challenges** focused on stress relief and balance
- Simple breathing and grounding exercises you can do anywhere
- Guidance on caffeine timing, rest, and recovery
- Journaling prompts to track mood, stress, and progress
- Easy lifestyle shifts that support calm energy and focus
- Weekly reflections to reinforce long-term habits

Real results from real users

Finally feeling calmer again

"I didn't realize how much stress was affecting my body until I started this plan. The daily steps are simple, but they really work. I sleep better, feel less tense, and my cravings are easier to manage."

Rachel T., 38

★★★★★

Easy, gentle, and effective

"This felt doable from day one. I loved that it didn't overwhelm me. The breathing and daily reflections helped me slow down and feel more in control of my stress."

Monica D., 46

★★★★★

Helped my stress and energy levels

"I was constantly wired and tired. This challenge helped me reset my routine without forcing anything extreme. I feel calmer, more focused, and much more balanced."

Laura K., 52

★★★★★

Special One-Time Offer

The 30-Day Cortisol Reset Plan

Get it today for just \$14.99

~~\$79.95~~ **\$15.99**

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NEW OTO10 PDF BOOK Listening to Your Cravings

How to understand cravings & stop fighting food

Learn why cravings happen, what your body is really asking for, and how to respond without guilt or overthinking.

-
- Understand why you crave sugar, carbs, salt, or sweets
 - Stop feeling “out of control” around food
 - Learn simple ways to satisfy cravings without overeating
-

This guide shows you how to:

- Decode cravings instead of resisting them
 - Tell the difference between **physical hunger** and **emotional cravings**
 - Balance blood sugar to reduce sudden food urges
 - Respond to cravings calmly — without restriction or shame
 - Prevent cravings before they derail your progress
-

Get instant access today

Listening to Your Cravings

~~\$89.95~~ **\$17.99**

Yes, add this to my order

No thanks, I'll pass on this offer

Inside *Listening to Your Cravings*, You'll Discover

- A clear explanation of **why cravings happen** (stress, hormones, habits, blood sugar)
 - The most common cravings — and **what they actually mean**
 - Simple strategies to satisfy cravings without overdoing it
 - Practical ways to prevent cravings before they start
 - **Craving-friendly recipes** for sweet, salty, crunchy, and carb cravings
 - A guided **craving reflection template** to build awareness and control
-

Real results from real readers

I finally understand my cravings

"I always thought cravings meant I was failing. This guide completely changed that. Now I can tell what my body actually needs, and I don't spiral into guilt anymore. I feel calmer and more in control around food."

Jessica M., 38

★★★★★

No more fighting food

"This was eye-opening. Instead of trying to avoid cravings, I learned how to respond to them in a smarter way. I snack less, binge less, and feel more balanced overall."

Laura P., 46

★★★★★

Simple, practical, and realistic

"I loved how easy this was to follow. No extreme rules — just clear explanations and helpful tips. My cravings feel quieter now, and when they do show up, I know what to do."

Natalie K., 34

★★★★★

Special One-Time Offer

Listening to Your Cravings

~~\$89.95~~ **\$17.99**

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NEW EBOOKS BUNDLE

Weight Loss & Balance Bundle

Everything you need to lose weight and feel balanced — in one bundle

- Simple tools to support weight loss, appetite control, and long-term results
 - Practical guidance for hormones, stress, sleep, and cravings — all connected
 - Easy-to-follow books that help you build small daily habits that actually stick
-

Limited-Time Bundle Offer

Weight Loss & Balance Bundle

~~\$74.95~~ **\$19.99**

Yes, I want this bundle

No, thank you, I'm not interested in this offer

This Bundle Includes:

The 30-Day Mindful Eating Journal

A gentle daily journal that helps you slow down, recognize hunger cues, and break emotional eating patterns — one small step at a time.

The Mindful Slimming Cookbook

Simple, satisfying recipes designed to help you feel full, calm cravings, and support weight loss without tracking, restriction, or stress.

The Sleep Slimming Secret

Learn how better sleep supports weight loss, appetite control, and hormone balance — and how small nighttime changes can make a big difference.

From Hormonal Chaos to Daily Stability

A practical guide to understanding why hormones feel out of control — and how food, stress, sleep, and movement help bring them back into balance.

The Practical Guide to Intermittent Fasting

A realistic, beginner-friendly approach to fasting that supports metabolism and energy without extreme rules or rigid schedules.

The 30-Day Cortisol Reset Plan

A step-by-step plan to lower stress, calm your nervous system, and reduce weight gain linked to high cortisol and chronic tension.

Listening to Your Cravings

Understand why cravings happen, what your body is asking for, and how to respond without guilt, judgment, or overcontrol.

Results people are proud of

Weight loss finally feels manageable

"I've tried many programs before, but this bundle helped everything click. I'm eating more calmly, sleeping better, and losing weight without constantly fighting myself."

Megan L., 38

★★★★★

Cravings no longer run my day

"The cravings and mindful eating books completely changed how I relate to food. I don't feel out of control anymore, and that alone made weight loss easier."

Sophie K., 31

★★★★★

It works with real life

"I loved that nothing felt extreme. Each book builds on the other, and together they helped me feel more balanced, less stressed, and more consistent."

Monica R., 44

★★★★★

Get the full bundle today

Weight Loss & Balance Bundle

~~\$74.95~~ **\$19.99**

Yes, I want this bundle

No, thank you, I'm not interested in this offer

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NEW THANK YOU PAGE

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We've sent your access details to

[email]

How would you rate your experience so far?

Your feedback helps us improve.

★★★★★

 **Bonus unlocked!** Check your inbox for “XXXX”

One last step to get started

1 Download the **GLPdiet app**

(App Store / Google Play)

2 Open the app and tap **Log In**

3 Sign in using [email] and the password you just created

Need help accessing your account?

Our support team is ready to help you get started.

Order summary

Personalized GLP-1 Programme

7-Day Starter Programme — **\$6.49**

Weight Support Bundle — \$19.99

Includes:


- *GLP-1–Friendly Eating on a Budget*
- *Easy Fasting Guide for Appetite Control*
- *Cortisol Reset Challenge*
- *Craving Management Guide*

- *Gut & Intimate Wellness Guide*
- *Hormonal Balance Support Plan*
- *Metabolic Health Handbook*

 **Exclusive upgrade available**

Lifetime access to GLP-1 Programme

~~\$370.33~~ **\$79.99**

 Add to my order

Total charged:

Important information

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