



thyroidrevival

Revive Rejuvenate Recharge

PREPARING FOR YOUR CALL



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WATCH THIS FIRST

Before we work with anyone, it's important to understand the foundation of our approach. If you haven't done so already, set aside 30 minutes and then click the link below to watch my Free Thyroid Revival Masterclass!

THYROIDREVIVAL **MASTERCLASS™**

Discover the 4 simple steps women use to help them go from Hashimotos to Healthy.

Discover twice as much energy each day without medication, drastic lifestyle changes irrespective of age and genetics.

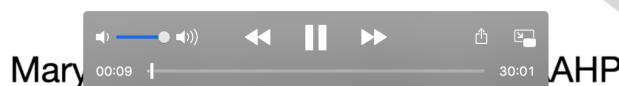


WWW.THYROIDREVIVALREPLAY.COM



The Thyroid Revival Masterclass

Discover the 4 steps
women use to help them go
from Hashimotos
to Healthy.



WATCH THIS NEXT

In this short video, I explain why you should invest in your health and support poor Thyroid Health into the future.
Because if you don't ? What may happen ...

Mary-louise Condon, Bpharm ABAHP
Thyroid Revival Success Coach
Stress Reduction Expert



WWW.THYROIDREVIVAL.COM/YOUR-BEST-OUTCOME



ITS OUR COMMITTED TEAM THAT MAKES A DIFFERENCE_

OUR FOCUS 4 STEP PROCESS

We're Here To Help You:

- ✓ Address Thyroid function
- ✓ Build Stronger Immune System
- ✓ Prevent Fatigue
- ✓ Improve Your Overall Health
- Shed unwanted kilos
- ✓ Take Back Your Future

Our simple 3-step process...

THE THYROID REVIVAL MASTERCLASS BLUEPRINT™



STEP 1: INVESTIGATE

First, we'll identify and address the body and Thyroid stressors negatively affecting your health



STEP 2: NOURISH

Then, we'll focus on restoring the raw materials and nutrients needed for stronger, healthier Thyroid



STEP 3: PAUSE

Finally, we'll focus on the pause of body, mind, and thyroid..

STEP 4: IGNITE

OUR TEAM

YOUR PROGRAM EXPERTS

(WHO YOU'D BE WORKING WITH TO IMPROVE YOUR THYROID HEALTH)



Thyroid Health Coach: Lou is an Anti-Ageing health practitioner and specialises in bio-identical hormone balancing , creating wellness , and correcting an epidemic nutrient deficiencies in her community. . Recently her passion has embraced facilitating wellness programs around FASTING in particular a Clean Food Fast protocol to doctors and allied health business of all sizes around Australia, aimed ultimately in improving their success by crafting creative solutions for their patients journey to better health and inflammation reduction. Creating wellness and beauty from the inside out for the long term.

Lou CONDON Bpharm ABAHP
Anti-ageing specialist



Women's Health & Hormones adococate. Bridie has compltede her degree in nurseing and is very passionalte about rebalancing vitamins ans nutrition. She supports Thyroid revival by allowing women achieve optimal health and wellness.

Bridie RN Nurse



Customised Nutrition and balancing . Polina has extensive knowledge and training in helping people reclaim their physical, emotional, mental, and spiritual health. In addition to a Ph.D., her background includes training in many holistic wellness and meditation organizations. She's a kind soul with an incredible heart, a soothing voice, and the ability to help people breakthrough emotional struggles and challenges, achieve new levels of inner peace, improve their sleep quality, and develop a sense of calm... even when our external environment encourages otherwise.

Alini , PhD



Exercise & Physical Therapy Expert. Katie is a Specialist, Katie's method is inspired by dance, Pilates and ballet barre and is designed to help create strong, lean muscle and increase female fitness in a fun, supportive and empowering environment. Katie knew that women enjoy the freedom that comes with dancing and wanted to create a unique form of working out which was different to other generic fitness programs.

Katie Dickins

WHAT THEY SAY



Gabriela Arrais

1 review

★★★★★ a week ago

I've completed the fasting program 3 times and I can't speak highly enough of it. Lou and her team are amazing at the compound lab



Reply



Like

Happy Clients like Gabby are
thrilled with a successful
proven inflammation
reducing diet program and
system ...

WHAT THEY SAY

Marietta was skeptical this was just
"another program" but quickly
realised our program, support, and
expert team are top notch

"Extremely comprehensive and incredibly valuable"



When I first saw Lou on Facebook I was skeptical - here goes another program that professes to help with Thyroid . Well was I in for a huge and pleasant surprise!!

From the start Lou has been an AMAZING coach- always responding quickly to my questions and continually guiding me. He and his team truly want what is best for all of us. She has been on this ride and it is personal for her just like me.

Her program is extremely comprehensive and incredibly valuable. I love the handouts that I can print, the many resources and especially find the Zoom calls with her extremely helpful and enlightening. I could have never compiled this much information on my own. I have learned so much... Thanks so much, Lou

Marietta xx



WHAT THEY SAY

CONFIDENT IN THEIR NEW PLAN



WHAT THEY SAY



Julie Testimonial

After seeing quite a few different doctors and naturopaths in one year of what seemed like eternity, going through different detoxes, flushes, pills, supplements yet getting worse.. a girlfriend told me about Lou. Before the first meeting she asked me to write down 3 Wishes that I wanted her to help me with... clearly they were symptoms that lowered my quality of life, 3 things I had to endure that other doctors disregarded or told me I will have to deal with for the rest of my life. 4 months later, she did it! For the first time in very many years, I have no complaints!

Thank you Lou

WHAT THEY SAY

Robyn joined our program after identifying she had
Autoimmune and Inflammation in her late 30's

"Gives you hope!"



Robin Testimonial

My initial reason for consulting Lou was aches and pains all over my body. I was also having stomach/digestive problems and I was getting regular sore throats on a regular basis needing antibiotics (yuk)

Lou suggested diet and health recommendations that has eliminated my stomach and digestive issues, my painful joints and muscles has eased. I would highly recommend Lou, She has improved my quality of life exponentially! Taught me how to look after my own Thyroid health and In my experience, if you put the work in following Lou's protocol you will feel better!



WHAT THEY SAY

Peer Review



Cheryl Lorraine Wiggins

1 review

★★★★★ a week ago

Mary-Louise Condon is very passionate and a hugely knowledgeable thought leader around all things "functional medicine" especially the thyroid Revival and vitamin nutritional balancing. Highly recommend The Compounding Lab.



Like

Response from the owner a week ago

Thank you that's awesome news 💪🙏



Cheryl Wiggins
Pharm D, ABAHP, ACCAM
Functional Wellness Coach
NZ
Biolife Living



WHAT THEY SAY

RESULTS & Communication

From: julie gould

Sent: Wednesday, October 14, 2020 11:31:21 AM (UTC+10:00) Brisbane

To: Mary-Louise Condon

Subject: Re: Julie confidential

Hi Mary-Lou

Thank you so much for your tips, compassion and time. I am very grateful xxxxxxxx0000000

I know you help so many. so wanted to touch base so you gather more info yourself.

*We supported Julie with the support and glue she needed
to navigate her GP , naturpath , family and community .
Julie xx*

WHAT THEY SAY



"So fortunate to have this program"

"I feel so unbelievably fortunate to have discovered your program. I am literally amazed every week with the wealth of valuable information .. There isn't a part of the program that I like best, because every single component of it is so well thought out, organized, and absolutely filled with information to help us. Your team of experts that you have on board are wonderful , the lessons are so organized and well researched, the information is so well presented by you and your team—these are just some of the things about your program that I am so amazed by. Your positivity, encouragement, and sincere desire to help us is very apparent. I appreciate you and the wonderful program you have created so very much! You are empowering so many people and changing lives for the better!

-Sue Dietitan



WHAT THEY SAY

IMPROVED
DIET, NUTRITION,
& DIGESTION



WHAT THEY SAY

SAFE & EFFECTIVE
DIET PLAN



WHAT THEY SAY

PERSONALISED SUPPORT
FROM FITNESS EXPERTS



WHAT THE EXPERTS SAY

Aerobic and Anaerobic Exercise In addition to weight training, an overall exercise program may include elements of aerobic (cardio) and anaerobic training. Aerobic exercise: Aerobic training is what you will recognize as treadmill jogging or walking, cycling, or swimming at a low to moderate pace up to a point at which you can still carry on a conversation, even if you are breathing a little heavy. You should be able to keep this up for 30 minutes or more. Low to moderate-intensity aerobic exercise is at a heart rate of approximately 50% to 70% of your maximum heart rate. At this intensity, and with reasonable fitness, you should be able to supply the exercising muscles with sufficient oxygen to keep them contracting and performing for some time. Aerobic means "with oxygen." Anaerobic exercise: In contrast, anaerobic exercise is at an intensity at which your muscles' requirements for oxygen exceed the amount you can supply by breathing and via your blood supply. At this exercise intensity, you will stop sooner rather than later because the muscles will fail to function. At this level of intensity, your heart rate may be at 90% to 100% of your maximum heart rate. This is clearly a high-intensity exercise. Weight training for strength with heavy loads is usually anaerobic exercise for short bursts of effort.

Katie : After at a young age, years of high stress, bad sleep, and anxiety, and Sluggish Thyroid Katie learned she had to find a better way for women to improve fitness , strength and health. Teamed up with Lou her health , strength , bone health has never been better!

WHAT THEY SAY



Ananta Kolesky

2 reviews

★★★★★ a week ago - 

Knowledgeable staff, always ready to help! Great service and products, I am very happy to work with Lou and her team.

EMPOWERED FOR
DOCTOR DISCUSSIONS



Dr Ananta Kolesky
MBChB, FACRRM, GEM, AMC,
ACAAM

WHAT THEY SAY

SENSE OF COMMUNITY...
NO LONGER ALONE



WHAT THEY SAY

Liz was overwhelmed with where to start and all of her doctors were pushing medications she didn't want to take

"This comprehensive program is an absolute joy "

I have been extremely pleased with Lou's program. I greatly appreciate the level of detail and the wealth of information the program offers.

I also love the community of learning Lou has created. I can't say enough good things about the weekly Zoom calls - and I love learning from the community of women enrolled in the program as well!

I am so grateful for this comprehensive program is absolutely wonderful in my opinion!

-Liz Mctaggart-



SPEAK TO YOU SOON



We're looking forward to chatting soon to see if joining these women on the journey to healthier THYROID is right for you!

BOOK a CALL with Ilu now

Lou Condon ... Thyroid Advocate