



 **Homemade Method™**

MEET THE COACHES

— YOUR EXPERT —
SUPPORT SQUAD

www.homemademethod.com

WELCOME!

LADIES OVER 50, LISTEN UP...

You want to lose weight & reduce high blood sugars, pressure and cholesterol? Maybe even get off meds?

But diets don't work. Any weight you lose, you just gain it back. I know this because I tried every diet under the sun.

While studying Masters at Stanford University and UC Berkeley, I discovered the Homemade Method. I've lost over 30lbs and kept it off. Today, meet our Coaches who can help you get life-changing results too- **WITHOUT DIETING.**

xo, *Anna*





OVER 300,000 LADIES KNOW THE SECRET

Since 2013, over 300,000 Ladies in their 50s, 60s & 70s have taken our Workshops and Programs. **Our Members have lost weight - from 10lbs to over 140lbs -** and reversed high blood numbers. Stanford Hospitals and 7 Medical Clinics have partnered with us.

MEET THE COACHES



ANNA RAKOCZY

FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008 and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author and a cooking instructor. She Founded the Homemade Method, and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food

Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

ASK ME ABOUT:

- Our COOK, EAT, LISTEN system to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugars, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



MADDY KUHN

FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugars, weight loss and inflammation.
- How to make your meals more plant based (but still easy & yummy) to help you improve your cholesterol.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal

planning and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family and personal finance.

ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



IRENE MOLINA

CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where she received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health - she wanted to share it with the world. In her spare time, she enjoys traveling with her husband and spending time with family & friends.

ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



LIZZIE STEWART

REGISTERED DIETITIAN & PROFESSIONAL CHEF

Originally from Halifax, Nova Scotia, Lizzie is a Registered Dietitian with over a decade of experience as a certified professional Chef. Holding a Bachelor of Science in Applied Human Nutrition and a Culinary Arts diploma, Lizzie believes everyone deserves a sustainable and joyful relationship with food and strives to help you live deliciously. As a Chef, Lizzie is able to provide practical tips and ideas allowing you to easily incorporate healthy practices into your busy daily life. Due to her culinary

background, Lizzie approaches food not only scientifically – as nutrients for the body – but also as a source of pleasure and entertainment. When she's not cooking or eating, Lizzie can be found at the local library. She is a compulsive reader of novels, recipes, and the latest nutrition research. Lizzie is also a devoted cat-mom and art enthusiast who loves sharp knives, butchery, and the smell of rosemary.

ASK ME ABOUT:

- How to substitute ingredients, master cooking techniques, and tweak recipes.
- Inspiration and ideas for quick healthy meals using what you have at home.
- Any and all nutrition questions - especially around weight loss, gut health, and digestive issues.



STEPHANIE RODI-FRANTZ

REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long term care management and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one

counseling and group nutrition coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends and biking.

ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol and blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects and how to navigate what you can eat with your specific situation.



MERRYL HELDEROP

CERTIFIED NUTRITIONIST

Merryl is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Merryl taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating and is currently working on a ME certificate program. She's dealt first hand with weight gain, chronic heartburn, inflammation & all over body pain

and she decided to heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices. In her spare time she enjoys chasing after her two small boys and breaking bread with friends.

ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life &

was determined to help others do the same. She is passionate about using the most up to date nutrition research to help women reduce inflammation, heal their bodies and feel their best. In her spare time she enjoys camping with her soon-to-be husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

MEMBER LOVE

BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





MESSAGE FROM OUR FOUNDER

Losing weight over 50 and lowering your high blood sugars, pressure and cholesterol is doable. With just a few simple switches and tiny tweaks you can see big results.

I know this because our we've helped thousands of women over 50 do this. And I've lost and maintained over 30 lbs myself.

Don't waste another second of your life sitting on the sidelines or worrying about your future. Or worse still, putting your hopes into fads and diets that don't work.

Are you ready to get a healthy, energetic body - WITHOUT dieting?
It's your time.

xo Anna



WANT MORE?

VISIT OUR WEBSITE TO BEGIN YOUR HEALTHY
TRANSFORMATION TODAY!

[GET STARTED](#)

WWW.HOMEMADEMETHOD.COM



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ANNA RAKOCZY, FOUNDER
OF HOMEMADE METHOD

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If you've got any questions, please reach out to our team at member@homemade-cooking.com.