



 **Homemade Method™**

MEET THE COACHES

————— YOUR EXPERT —————
SUPPORT SQUAD



MESSAGE FROM OUR FOUNDER

Losing weight over 50 and lowering your high blood sugars, pressure and cholesterol is doable. With the Reset Response you can see big results.

With the "Reset Response", you can fix all nine of your body's most important hunger and fat-burning hormones. I stumbled upon this simple system for losing weight when I was on my own journey to losing over 30lbs. Since then, we've helped +35,000 women over 50 get incredible results too.

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.

Meet our team of Expert Coaches who can help you create your best healthiest life!

Are you ready to get a healthy, energetic body - WITHOUT dieting?

It's your time.

xo Anna

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 Reset Response method 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 live member events, coaches members on everything from weight loss to motivation, and oversees our entire support team behind the scenes. 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.



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.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She can be found supporting members with expert coaching advice and helping organize membership materials and delivery. Katy has been a Registered Dietitian Nutritionist for 10 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 is a Certified Holistic Health Coach and can be found supporting our members every week via email and in the private members-only group. 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.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist who graduated 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 and 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 son, 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.

COACHING & SUPPORT

Get personalized coaching with your Homemade Cooking Club Membership!

Here are 3 ways you can get help:

- [Visit our Members-Only Group by clicking here and post your question.](#) One of our Expert Coaches will respond to you. You may even get suggestions from the other Ladies in the Group, who may have dealt with the problem you are facing.
- **Access your Homemade Cooking Club Class Library.** A world-first, searchable database of over 200 of our Event Recordings to support your mindset, weight loss, and goals to lower high blood sugar, pressure, and cholesterol.
- **Email your Expert Coaching Team and Support Team** at hello@homemademethod.com. We normally respond in less than 24 hrs (usually much quicker).

Please be sure to add hello@homemademethod.com to your contacts or address book so our emails reach you.

MEMBER LOVE

JULIE HAHN

"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



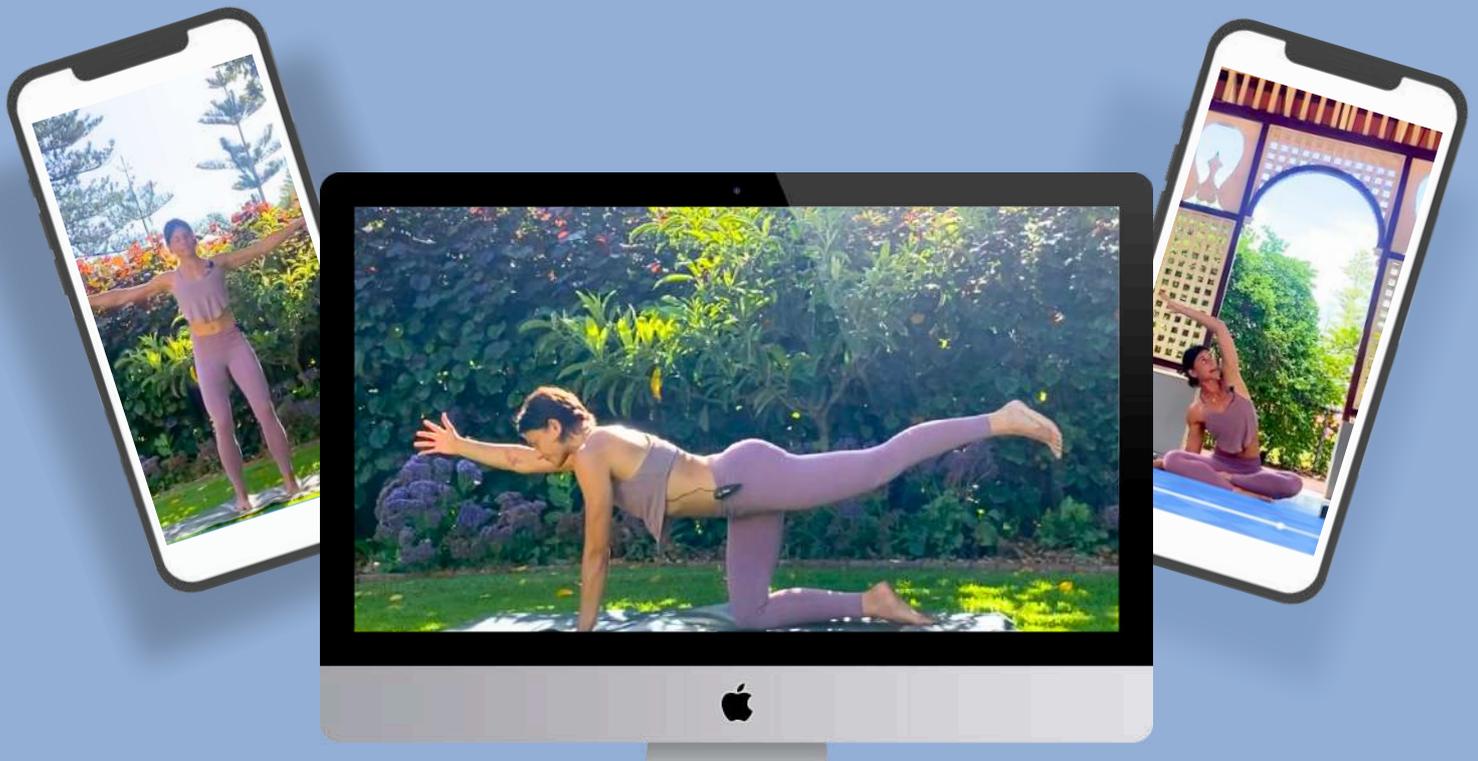
MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay 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!"





WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to increase metabolism and build muscle mass in women over 50...will improve your results compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping **70% off** our regular pricing. The best bit: Every workout can be done at home in 15 mins or less :)



[YES! GET THE OFFER](#)



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YOU CAN GET A
HEALTHY,
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RESPONSE!

ANNA RAKOCZY, FOUNDER
OF HOMEMADE METHOD

NOTES

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YOU WOULDN'T STEAL A LOAF OF BREAD (COPYRIGHT NOTICE)

Bakers wake early each morning to make loaves of bread.

Dressmakers sew dresses. And authors write books.

Likewise, we work hard every day to bring you the best original, content, to help you improve your health and your life.

You wouldn't steal a loaf of bread, a dress, or a book... so please respect our content too. 

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If you've got any questions, please reach out to our team at hello@homemademethod.com. Thank you!