The Acing Aging Method

functional health for ambitious Gen Xers & Baby Boomers

WITH LENA ROBERTSON, ND, EAMP, B.SC.





Imagine This...

WHAT IF

you could get through the day filled with mental clarity and physical energy WITHOUT the midday burnout and brain fog...

WHAT IF

you could easily maintain your ideal weight AND no longer 'felt fat' and bloated...

WHAT IF

you could get more done in less time AND still have an abundance of energy at the end of the day to spend quality time with the people you love...

WITHOUT the confusion, guessing games, fad diets, or shopping bags full of supplements?



The Issue

HOW YOU MIGHT BE ADDRESSING YOUR HEALTH

- It's not "bad enough", and you're getting by, so you keep pushing through until you burn out
- You feel overwhelmed by the numerous supplement choices and diets recommended by health experts that don't address the root of YOUR unique imbalance
- You have taken some prescription medications and the side effects were worse than the problem
- You keep your health on the back burner until it's the "right time" or you have "extra" money
- Your doctor says your labs are "normal", and you seem "fine", so you end up thinking this is your new normal

BUT it doesn't have to be this way!

THERE IS ANOTHER APPROACH



Hi, I'm Lena

FOUNDER OF
THE ACING AGING METHOD

I created The Acing Aging Method because I know what it's like to feel exhausted in the morning and hoping the "brain fog" would lift enough for me to get through the day. At the same time feeling discouraged because no matter how much I would exercise or diet I couldn't lose the extra pounds.

I spent years working hard to get my education and career going that I put my health on the back burner.

Upon digging deeper into my own health, I discovered I was battling metabolic syndrome, adrenal dysregulation, and estrogen dominance. I wasn't given any helpful answers -- let alone the solution -- I needed.



I know what it's like

I'VE SAT WHERE YOU'RE SITTING RIGHT NOW

I tried eating several “healthy” diets, exercising and taking handfuls of recommended supplements, but I quickly learned a hard lesson: you can do ALL the right things... but unless you GET TO THE ROOT, it’s not possible to make profound and sustainable strides towards optimal health.

So I set off on a mission to learn everything I could about my body from a physiological, biological and energetic level in an effort to heal myself. Now it's my life's mission to teach other ambitious men and women how to do the same, so they can create a bigger impact in the world from the healthiest vessel available to them.

In my efforts to master everything about health and wellness, I was able to reverse all of my symptoms -- all without taking medications or relying on a broken medical system. After completing my medical training in 2018, I ran a successful brick-and-mortar practice for several years, then moved to the online space.

During that time, I've perfected a program with my signature methodology that guides you to heal at the deepest level - the cellular level.

CREDENTIALS [ND, EAMP, B.SC.]

Functional Health Practitioner
Doctorate of Naturopathic Medicine
East Asian Medical Practitioner
Bachelor of Science





Why I work with

AMBITIOUS GEN XERS AND BABY BOOMERS

- Ambitious Gen Xers and Baby Boomers are looking to optimize their health and prevent chronic disease.
- They know they have to prioritize their health to continue sharing their gifts, expand their reach, better serve their clients and show up even more for the people they love.
- Driven men and women know when something is "off" and want to reclaim their metabolism, hormones, mind and energy using a strategy that is completely tailored to their needs, lifestyle and lab results.
- Ambitious men and women want to enjoy the success they've worked so hard for!



The Program

WHAT MAKES THIS ONE DIFFERENT

- Get a proven comprehensive strategy to reclaim your metabolism, hormones, mind and energy that is guided by YOUR lifestyle and lab results.
- Get supported with 1-on-1 consults as well as UNLIMITED text or voice messages between consults.
- Ensure you are making progress with targeted assessments each step of the way.
- Learn how to interpret your symptoms, so you always know EXACTLY what your body needs.
- Learn how to confidently modify your Acing Aging guidelines based on your lifestyle and specific needs as they arise.
- Work with someone who cares deeply for your inner fulfillment, purpose, mission and holistic transformation.

1

RESET: LIVER HEALTH

Start by reducing your overall toxic exposure, improve your body's detoxification abilities & add supportive foods.
LABS: comprehensive blood work panel, organic acids

2

RESTORE: HORMONE HEALTH

We will shift your body into a regenerative state, increase your resilience & rebalance inflammatory hormones.
LABS: sex hormones, adrenals/cortisol

3

RENEW: GUT HEALTH

In this phase, you will balance your intestinal microbial environment, eliminate digestive distress, reduce inflammation & optimize nutrient absorption.
LABS: digestive analysis, food sensitivity test

How it works

When you sign up to work with me, we'll start off with an initial consult to get clarity on your health goals. From there, we will develop a customized plan to move you through these 5 steps.

4

REPAIR: BRAIN + GENETIC HEALTH

You will learn how to restore your nervous system, give your body the exact foods, best movement routine, targeted nutrient therapy & the daily flow framework you need to thrive based on your specific genetic blueprint.
LABS: functional genomics

5

REFINE: ADAPTIVE HEALTH

Life is dynamic, and I want to make sure you feel confident moving forward. In this phase, you will learn how to modify your healthy habits, so you feel prepared for any situation that arises.

The Acing Aging Method

Join me for a 6-month, high-touch wellness program that gives you 1-on-1 support to help you optimize your health in a completely customized way. This is your secret weapon for living a vibrant life full of abundance, purpose, health, wealth + joy.

PERSONALIZED SUPPORT
Weekly or bi-weekly calls to fit your lifestyle

FUNCTIONAL LAB WORK
All functional labs are included

UNLIMITED VOICE/TEXT
Contact me any time with questions

STRATEGY THAT WORKS
Based on your lab data + your lifestyle



Want to work together?

YOUR HEALTH IS YOUR WEALTH

Click the button below to book a 30-minute Acing Aging Strategy Session with me. On the call, I'll ask you some questions about your journey and learn more about your goals.

At the end of our call, 1 of 2 things will happen: You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, there won't be any hard feelings and NO obligations on your part - I will simply suggest another option, and point you in the right direction.

CLICK HERE TO BOOK A CALL