

# SYSTEMS OF SUCCESS

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BODY. BUSINESS. BADASSERY

functional health for business-oriented &  
outdoor-minded women

WITH LORI SWANTON, PT, DPT, FAAOMPT

# Imagine this...

## WHAT IF

you woke up feeling refreshed, motivated & confident to tackle the day ahead EVERY morning

## WHAT IF

you had the energy & mental focus needed to blast through your to-do list AND still had an abundance of energy at the end of day

## WHAT IF

you felt self-assured in your own body AND knew exact tools, foods & supplements you need for longevity & an active lifestyle

SELF ASSURED & CONFIDENT IN YOUR BODY,  
MOTIVATED & FOCUSED IN YOUR BUSINESS,  
ENERGETIC & INSPIRED FOR BADASSERY

**WITHOUT**

THE OVERWHELM, GUESSING  
GAMES, DEPRIVING YOURSELF,  
AND ONE SIZE FITS ALL NUTRITION  
& EXERCISE PLANS

# THE ISSUE

## AND HOW YOU MIGHT BE APPROACHING YOUR HEALTH

### IT'S NOT BAD ENOUGH

You are getting by, so you keep pushing through but burnout is just around the corner.

### YOU TRY THE LATEST TREND

for solutions but only get generic protocols and detox challenges that don't address the root cause of YOUR unique imbalance.

### YOU PUT YOURSELF ON THE BACK BURNER

you keep waiting for the "right time" or when things "slow down a bit"

### YOU DON'T HAVE EXTRA TIME

to spend going to appointments and not getting answers.

### YOU ACCEPT THIS AS A NEW NORMAL

because your doctor says your symptoms are normal especially for your age.

### YOU TRY TO PIECE IT TOGETHER

You've seen a few different health care providers and it doesn't seem any of them really know you.



**BUT it doesn't have  
to be this way!**

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THERE IS ANOTHER APPROACH

# Hi, I'm Lori

**Founder of  
SYSTEMS OF SUCCESS**



I created **SYSTEMS OF SUCCESS** because I know what it is like to be being doing "all the right things" when it comes to your health, yet still feel less than 100%. I've sat where you are right now, with extensive knowledge & training about the body, yet unable to find a cause or solution to the discomfort, fatigue, bloating, anxiety & burnout. I was frustrated that some of those I was treating seemed healthier than me. How could I be a coach if I couldn't be a player?

Digging deeper into my own health, I discovered that I was battling an imbalanced gut microbiome & systemic inflammation. But, I wasn't given any answers through traditional medicine, let alone the solution, that I needed. That's when I started learning more about inflammation and the impact on the body.

# I know what it is like

I've sat where you are & with so many like you.

As a physical therapist, I often see clients because they can no longer be as active as they desire & some ache, pain, or discomfort brings them in the door. I've learned that it's not possible to make profound & sustainable strides towards optimal physical health unless we GET TO THE ROOT.

Through innumerable encounters with women during my professional journey since 2003, I have perfected a program with my signature methodology that guides you to heal at the deepest level. This process respects that all symptoms & systems work & heal together, recognizing that neglecting any area will impact how we show up in our body, business, & badassery.



**It has been my mission to learn everything I can about the body & how to connect the dots to optimize health both physiologically & cellularly in an effort to heal myself & my patients. Now it is my life's mission to teach other business oriented & outdoor minded women how to do the same so they can show up at their best & impact those in their life from the healthiest vessel available to them.**

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# Why I work with

BUSINESS-ORIENTED,  
OUTDOOR-MINDED  
WOMEN

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- Those serving others as visionaries, entrepreneurs, service providers, leaders, coaches, healers, & caregivers are looking to optimize their health & lead by example.
- They know they have to prioritize their health to continue sharing their gifts, expand their reach, better serve their clients, and to show up fully for those they love.
- Driven women know when something is "off" and want to reclaim their metabolism, hormones, mind & mood using a strategy that is completely tailored to their needs, lifestyle, & lab results.
- Ambitious women want to enjoy an adventurous, joyful life at this age & beyond.

# THE PROGRAM

## PROVEN COMPREHENSIVE STRATEGY

to reclaim your metabolism, hormones, mind & mood that is guided by YOUR lifestyle & lab results.

## SUPPORT

with 1-1 consults as well as UNLIMITED text or voice messaging between consults.

## TARGETED ASSESSMENTS

to ensure you are making progress each step of the way.

## LEARN WHAT YOUR BODY NEEDS

& understand how to interpret your symptoms, so you always know EXACTLY what your body needs.

## CONFIDENT MODIFICATIONS

Know how to modify your ABILITY guidelines based on your lifestyle & specific needs as they arise

## PARTNERSHIP

Work with someone who cares deeply for your inner fulfillment, purpose, mission & holistic transformation.

# 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.

## 1. RE-ENGAGE

Feel what it is like to be supported. Prioritize your goals. Shift habits and mindset to those that nourish you. Tune into yourself & your needs.

## 2. RE-BALANCE

Shift your body into a regenerative state, increase your stress resilience & rebalance inflammatory hormones.

LABS: sex hormones, adrenals/cortisol

## 3. REPAIR

Balance your intestinal microbial environment, eliminate digestive distress, reduce inflammation & optimize nutrient absorption.

LABS: digestive analysis, food sensitivity test

## 4. RESTORE

Restore your nervous system, give your body the exact foods, best movement routine & targeted nutrient therapy you need to thrive based on your specific genetic blueprint.

LABS: functional genomics

## 5. REFINE

Ensure you feel confident moving forward. Learn how to modify your healthy habits, so you feel prepared for any situation that arises.



## MICHELLE S.

Business Owner, Mom

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I'm so thankful that I found this program! It was an invitation back to life! While the most challenging thing I've ever done, I can look back and be thankful for each step. The slow steady steps are ingraining new pathways to my thinking about my relationship with food and exercise. I feel that the education and process has opened my eyes to how toxic my life was before the program. There's so much more that awaits in the second half of the program and I'm excited to see it unfold into the original design in which I was created for!

# CLIENT TESTIMONIALS

# Client Testimonials

**MEGAN B.**

BUSINESS OWNER, MOM

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I just need to say props to [Lori] and the process we've been through, For being diagnosed with endometriosis, PCOS, infertility and whatever the hell else, [having nothing abnormal on an ultrasound} is amazing. AMAZING. Thank you for being such a badass and pursuing the steps to build SOS.

**EMILY S**

COACH, PHD STUDENT

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I started this program feeling like I've tried so many other things that haven't been working for me, I was to the point of having so much on my plate that I really do love, but at the same time I feel clouded over by the unhappiness in my body and in my lack of energy. I knew I could do better and have no regrets in making this big of a commitment to myself. I'm now making impactful and lasting changes in my body and choices to live in abundance.

# SYSTEMS OF SUCCESS

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



## PERSONALIZED SUPPORT

Weekly or bi-weekly calls to fit your lifestyle

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## FUNCTIONAL LAB WORK

All functional labs included

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## UNLIMITED VOICE/TEXT

Contact me any time with questions

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## STRATEGY THAT WORKS

Based on your lab data + your lifestyle

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# Want to work together?

## YOUR HEALTH IS YOUR WEALTH

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Click the button below to book a 30 minutes Systems of Success Strategy Session with me. On the call, I'll ask you some questions about your journey and learn more about your goals.

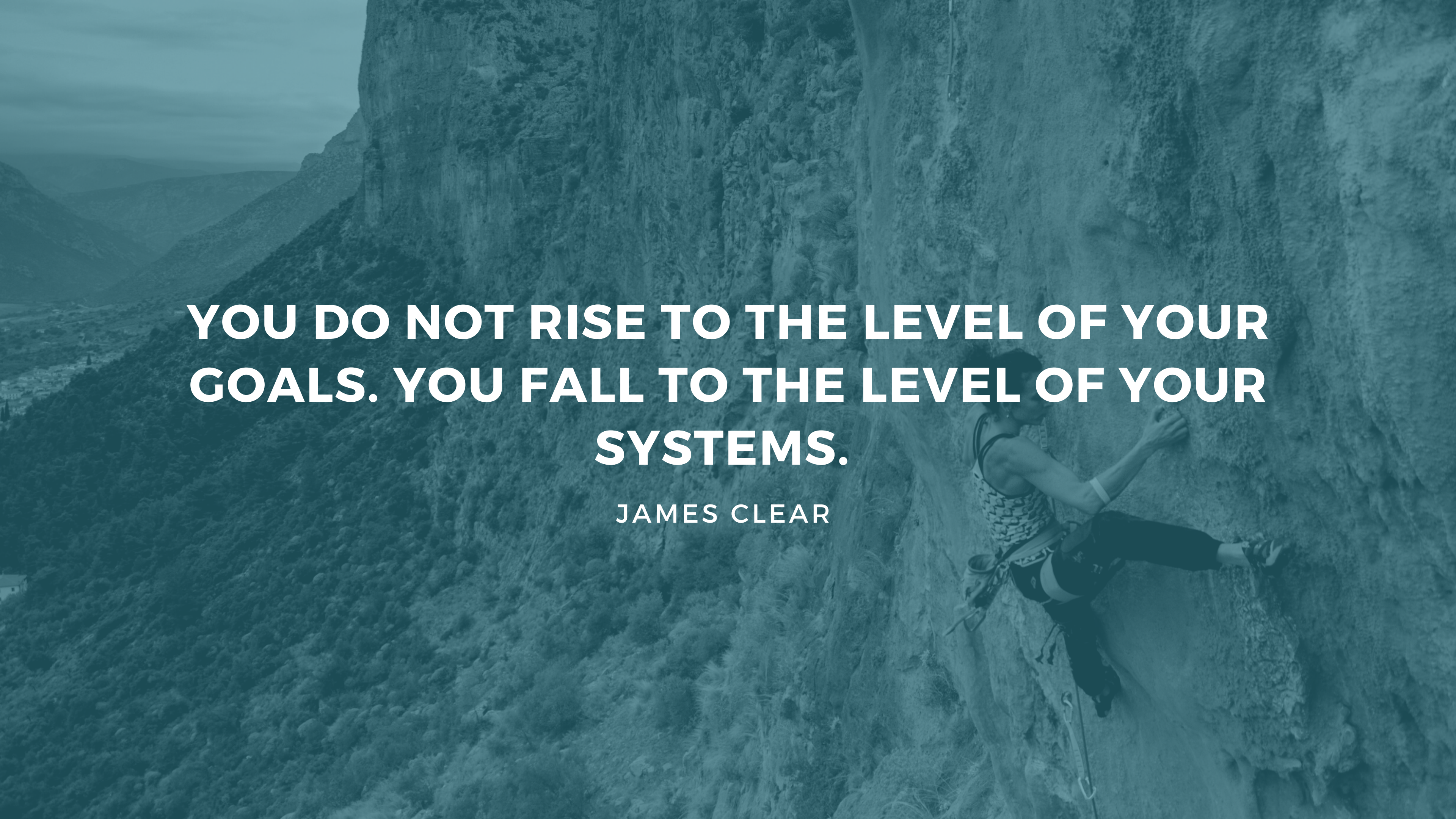
At the end of the call, 1 of 2 things will happen: You'll either be a perfect fit & I will extend an invitation to work with me as one of my clients...

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

**[CLICK HERE TO BOOK A CALL](#)**

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**YOU DO NOT RISE TO THE LEVEL OF YOUR  
GOALS. YOU FALL TO THE LEVEL OF YOUR  
SYSTEMS.**

JAMES CLEAR