

## Events Calendar

### Boost Your Metabolism Naturally - Key to Lasting Weight Loss

Join us for a captivating and completely free talk led by Asmaa Lahlou, a certified naturopathic chef and co-founder of [MyAuthentikSpoon](#), an innovative platform dedicated to natural well-being through naturopathic programs.

*In this event, we will unveil key strategies to naturally boost your metabolism and achieve lasting weight loss! We will explore how to optimize your metabolic function to give your body the energy it needs to burn fat efficiently. Discover how to combine metabolism-boosting techniques with balanced nutrition and lifestyle changes for sustainable results.*

*Don't miss this unique opportunity to deepen your knowledge and take control of your well-being. Sign up now.*

**Dates/timings :** 📅: 3 November, 2024, ⌚ 08:00 PM - 09:30 PM

**Location :** - Online Conference (English)

**Price :** Free registration, limited seats.

[Register now >](#)



## MyAuthentikSpoon – Holidays Reset Program: Detox & Lose Weight in 21 Day! (In French)

Are you looking to lose weight before the holidays and festive season, in a healthy way, without feeling guilty during family meals and gatherings with friends? Join our 3-week online coaching program to boost your metabolism, reduce inflammation, and feel much lighter... allowing you to enjoy the holidays and family reunions with peace of mind.

This program is designed to help you navigate the festive season with ease, using a combination of effective detox practices, metabolism management, and balanced nutrition. Together, we will work on building sustainable habits to boost your energy and achieve your weight goals.

The 3-week program includes:

- 3 group coaching sessions per week
- 1 private coaching session
- Analysis of an individual questionnaire
- A structured protocol
- A detailed recipe plan

The program is open to both men and women.

**Dates/timings :** 📅 From November 4th to November 22<sup>nd</sup>

**Location :** Online with REPLAYS available

**To sign up and discover all the benefits of the Holiday Reset :** [Click Here](#)

**Discover all MyAuthentikSpoon Naturopathik Programs :** [ICI](#)

**Price :**

995 AED

**Visit MyAuthentikSpoon :**

<https://myauthentikspoon.com/>

**Testimonials :**

« I enrolled in MyAuthentikSpoon weight loss program and I have absolutely no regrets as not only I lost weight but also I learned so much about food and how to boost my metabolism or understand what could create some issues! During these weeks you are empowered with so many tools and resources to help and support you but there are also weekly meetings and a WhatsApp group support. I loved the recipes so much that I still add them in my weekly menus..... I can but only recommend MyAuthentikSpoon programs !!! ” – Sandra

“I completed MyAuthentikSpoon Weight Loss and Detox coaching in Dubai in 2024. I lost 6kg, and I learnt a lot about how to eat properly. Asmaa's recipes are really tasty and delicious. I have now the right tools to manage my weight. I highly recommend MyAuthentikSpoon. ” Isabelle

“I first joined the weight loss program to manage my sugar level as I had dependencies on sweets. I reached this and more. I understood how my body reacts to food, I learned good habits

and good recipes. I lost weight and was happy about it. Asmaa knows perfectly her subject, she has always an answer to our questions or makes sure to find the right one. She is always available and helpful. I'm happy about the program and I highly recommend it. " Safae



Max 10 personnes   Programme de 3 semaines  
3 sessions de coaching

4 Nov. - 22 Nov.

GROUP COACHING  
**Authentik Holiday Reset**  
Détox et Perte de Poids en 21 Jours

*my* AUTHENTIK  
SPECIEN

## Yoga techniques to relieve menopause symptoms

Join us for a captivating and completely free conference and Yoga practice led by Marine Baaklini, a certified Hormone Yoga Coach.

Struggling with the physical and emotional changes related to menopause? Among the many symptoms of menopause, hot flashes, insomnia, mood swings, and fatigue are common, but they don't have to control your daily life!

Join us for this free one-hour webinar, where Marine will show you how hormone yoga practice can help you restore hormonal balance, calm your mind, and reduce the uncomfortable symptoms of menopause.

Discover breathing techniques, specific poses, and practical advice to navigate this period with more serenity and energy.

[MyAuthentikSpoon](#) is an innovative platform dedicated to natural well-being through naturopathic programs.

*Dates/timings* : 📅 – November 10th 2024, ⌚ 06:00 PM - 07:30 PM

*Location* : - Online Conference (English)

*Price* : Free registration, limited seats.

**Infos** : website / contacts / Instagram : [S'inscrire >](#)

MARINE BAAKLINI YOGA x my AUTHENTIK SPOON

# YOGA TECHNIQUES TO RELIEVE MENOPAUSE SYMPTOMS

Marine Baaklini  
Yoga Coach

**Sunday, Nov. 10, 6pm**  
Free Online Conference - Limited spots

## MyAuthentikSpoon – Detox Coaching: Dietary rebalancing program (in French)

**Start date: Thursday 14 Novembre**

### **Description :**

#### **Learn How to Detox Your Body in 10 Days!**

With so many detox programs available today, it's easy to feel overwhelmed by all the options and their promises. Detoxifying your body is essential for maintaining good health, but it's crucial to do it correctly. A well-executed detox can be highly effective, but if not approached properly, it can lead to more toxins circulating in your body or not enough nutrients to counteract inflammation, potentially making you feel worse.

That's where we come in. Asmaa Lahlou, co-founder of MyAuthentikSpoon, invites you to join this transformative 10-day program. Led by Asmaa, a certified naturopathic chef and food consultant, you will be guided step-by-step through the detox process in a supportive group setting. The program includes 4 online coaching sessions focused on helping your body effectively eliminate toxins through proper nutrition.

You'll also receive detailed guidance on how to maintain the benefits of the detox after it's completed, including which foods to reintroduce, the best lifestyle habits to adopt, and which food groups to prioritize.

This program is more than just a detox—it's a crucial first step toward achieving lasting nutritional balance.

**Location:** Online with replays available

### **Price :**

648 AED

**Registration :** <https://academy.myauthentikspoon.com/offers/geMqFNv4>

### **Testimonials :**

"This detox was a real eye-opener for me, as I had never tried a diet, detox, or any nutritional program before. I was simply curious because I noticed my metabolism had slowed down, and I left the Authentik DETOX feeling truly delighted. Let Asmaa guide you—you won't regret it! You'll discover invaluable advice, new habits, amazing products, comforting recipes, and outstanding support. Do something good for your colon, liver, kidneys, and lungs. Don't hesitate!"

— Hélène P.

"I am extremely happy to have done the Authentik DETOX! The results are amazing, Especially regarding getting a better mood, a better energy and a better skin. My goals have been 100% achieved. Authentic Detox is the best detox I have done so far and I have done many! The recipes are absolutely delicious and I discovered new flavors! Even my husband loved the recipes 😊 Thank you so much Asmaa! » Laure S.

« If you are experiencing low energy, heaviness, inflammation, body pain or joint pain, it is time to do a detox. And the best way to do it is with the help of a community and a great coach. With MyAuthentikSpoon and Asma Lahlou, it is a great experience that also gives you the shopping list, a super varied menu and zoom sessions as accompaniment and guidance. You will discover flavors and combine others that perhaps your palate did not know how delicious they are. I recommend this Detox twice a year as preventive health. » Nela DC

More testimonials: [Google Reviews](#)



Max 10 people

10-Day Program

4 coaching sessions

Start: Nov. 14th  
French

GROUP COACHING  
**Your Best DETOX Program**

*my* AUTHENTIK SPOON

## MyAuthentikSpoon – Holidays Reset Program: Detox & Lose Weight in 21 Day! (English)

Are you looking to lose weight before the holidays and festive season, in a healthy way, without feeling guilty during family meals and gatherings with friends? Join our 3-week online coaching program to boost your metabolism, reduce inflammation, and feel much lighter... allowing you to enjoy the holidays and family reunions with peace of mind.

This program is designed to help you navigate the festive season with ease, using a combination of effective detox practices, metabolism management, and balanced nutrition. Together, we will work on building sustainable habits to boost your energy and achieve your weight goals.

The 3-week program includes:

- 3 group coaching sessions per week
- 1 private coaching session
- Analysis of an individual questionnaire
- A structured protocol
- A detailed recipe plan

The program is open to both men and women.

**Dates/timings :** 📅 From November 21 to December 13

**Location :** Online with REPLAYS available

**To sign up and discover all the benefits of the Holiday Reset :** [Click Here](#)

**Discover all MyAuthentikSpoon Naturopathik Programs :** [ICI](#)

**Price :**

995 AED

**Visit MyAuthentikSpoon :**

<https://myauthentikspoon.com/>

### Testimonials:

« I enrolled in MyAuthentikSpoon weight loss program and I have absolutely no regrets as not only I lost weight but also I learned so much about food and how to boost my metabolism or understand what could create some issues! During these weeks you are empowered with so many tools and resources to help and support you but there are also weekly meetings and a WhatsApp group support. I loved the recipes so much that I still add them in my weekly menus..... I can but only recommend MyAuthentikSpoon programs !!! ”– Sandra

“I completed MyAuthentikSpoon Weight Loss and Detox coaching in Dubai in 2024. I lost 6kg, and I learnt a lot about how to eat properly. Asmaa’s recipes are really tasty and delicious. I have now the right tools to manage my weight. I highly recommend MyAuthentikSpoon. ” Isabelle

“I first joined the weight loss program to manage my sugar level as I had dependencies on sweets. I reached this and more. I understood how my body reacts to food, I learned good habits

and good recipes. I lost weight and was happy about it. Asmaa knows perfectly her subject, she has always an answer to our questions or makes sure to find the right one. She is always available and helpful. I'm happy about the program and I highly recommend it. " Safae



Max 10 people

21-day program

3 coaching sessions

21 Nov. - 13 Dec.

**GROUP COACHING**  
**Authentik Holiday Reset**  
21-Day Detox & Weight Loss Boost

*my* **AUTHENTIK  
SPOON**



## MyAuthentikSpoon – Holidays Reset Program: Detox & Lose Weight in 21 Day! (French)

Are you looking to lose weight before the holidays and festive season, in a healthy way, without feeling guilty during family meals and gatherings with friends? Join our 3-week online coaching program to boost your metabolism, reduce inflammation, and feel much lighter... allowing you to enjoy the holidays and family reunions with peace of mind.

This program is designed to help you navigate the festive season with ease, using a combination of effective detox practices, metabolism management, and balanced nutrition. Together, we will work on building sustainable habits to boost your energy and achieve your weight goals.

The 3-week program includes:

- 3 group coaching sessions per week
- 1 private coaching session
- Analysis of an individual questionnaire
- A structured protocol
- A detailed recipe plan

The program is open to both men and women.

**Dates/timings :** 📅 From November 26 to December 17

**Location :** Online with REPLAYS available

**To sign up and discover all the benefits of the Holiday Reset :** [Click Here](#)

**Discover all MyAuthentikSpoon Naturopathik Programs :** [ICI](#)

**Price :**

995 AED

**Visit MyAuthentikSpoon :**

<https://myauthentikspoon.com/>

**Testimonials :**

« I enrolled in MyAuthentikSpoon weight loss program and I have absolutely no regrets as not only I lost weight but also I learned so much about food and how to boost my metabolism or understand what could create some issues! During these weeks you are empowered with so many tools and resources to help and support you but there are also weekly meetings and a WhatsApp group support. I loved the recipes so much that I still add them in my weekly menus..... I can but only recommend MyAuthentikSpoon programs !!! ” – Sandra

“I completed MyAuthentikSpoon Weight Loss and Detox coaching in Dubai in 2024. I lost 6kg, and I learnt a lot about how to eat properly. Asmaa's recipes are really tasty and delicious. I have now the right tools to manage my weight. I highly recommend MyAuthentikSpoon. ” Isabelle

"I first joined the weight loss program to manage my sugar level as I had dependencies on sweets. I reached this and more. I understood how my body reacts to food, I learned good habits and good recipes. I lost weight and was happy about it. Asmaa knows perfectly her subject, she has always an answer to our questions or makes sure to find the right one. She is always available and helpful. I'm happy about the program and I highly recommend it. " Safae



Max 10 personnes   Programme de 3 semaines  
3 sessions de coaching

26 Nov. - 17 Dec.

GROUP COACHING  
**Authentik Holiday Reset**  
Détox et Perte de Poids en 21 Jours

*my* AUTHENTIK  
SPOON