

THRIVE WITH ENDOMETRIOSIS

From survival mode, back to herself.

Three months inside the Thrive program - Molly's story, in her own words, and the changes she didn't believe were possible.

WHERE MOLLY STARTED

She'd stopped expecting anything to change.

Molly came to the Thrive program feeling completely lost in her body. Years of living with endometriosis had brought her to a point where she had stopped expecting things to change - she had tried everything, and had begun to accept that pain and flare-ups were simply her life.

These were the symptoms shaping her days:

Period pain	Severe - requiring painkillers, with significant flare-ups each cycle.
Chronic fatigue	Persistent exhaustion from the moment she woke up.
Mood swings	Extreme premenstrual mood shifts affecting her relationships.
Bloating	Constant and uncomfortable.
Brain fog	A heavy mental weight throughout the day.
Bowel irregularity	Unpredictable - contributing to daily anxiety around symptoms.

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The hardest part was feeling like I didn't know myself any more. Besides the physical toll pain has on your body, the mental toll is extremely hard to navigate - you start to believe it's your fault, and that you have to accept your body is working against you.

MOLLY · IN HER OWN WORDS

Meaningful, measurable change - across almost every area.

Across three/four months working together through the Thrive program, Molly experienced change in nearly every area of her health. Here's what that looked like, symptom by symptom.

SYMPTOM	BEFORE	NOW
Period Pain	Severe - relied on painkillers	Pain-free period - her first in years
Fatigue & Energy	Chronic fatigue, waking exhausted	Energy returning through the day
Brain Fog	Heavy mental fog most days	Clearer - though a 3pm slump persists
Mood & PMS	Severe mood swings pre-period	Much more emotionally steady
Bloating	Constant, significant	Improved - some days still present
Bowel Symptoms	Irregular, unpredictable	Daily or every second day
Sleep	Poor quality	Much improved with new habits
Ovulation Pain	Tugging pain on right ovary	Reduced significantly

THE STAND-OUT WIN

Her first pain-free period in years.

The result Molly didn't believe was possible and the one she named most emphatically - was a period completely free from pain. No painkillers. No anticipatory dread. No flare-up. For someone who had structured her life around managing pain cycles, this was not a small thing.

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A pain-free period! Something I thought I was never, ever going to experience. No wild mood shifts before my period, and regular bowel movements - I never thought I would get this under control.

MOLLY · THRIVE WITH ENDOMETRIOSIS

ENERGY & DAILY FUNCTION

From bracing for the day, to moving through it.

THEN

Waking exhausted, with heavy fatigue throughout the day - relying on significant effort just to get through basic tasks.

NOW

Energy returning through the day. Not waking up and feeling tired an hour later. Getting through the day no longer feels like something to heavily prepare for.

Mind and body, becoming allies again.

Beyond the physical changes, Molly described a significant shift in her relationship with herself, and with having a chronic illness. The self-blame and body mistrust that had built up over years began to ease as she started to understand what was actually happening in her body. By month three, she described feeling like her mind and body were syncing back up - becoming allies rather than adversaries.

"I'm starting to remember who I was before pain took over and I can see parts of her coming back. The most meaningful change has been the mindset shift, going from survival mode back to thriving."

IN MOLLY'S OWN WORDS

ON THE PROGRAM

Finding out about the Thrive program was like seeing a small light at the end of the tunnel. Over the last couple of months working with Tegan, it feels like that light has slowly started to grow. I haven't felt as supported by any professional during my journey with endometriosis as I have with Tegan.

ON WORKING WITH TEGAN

Having someone to fully listen to you and validate your symptoms, feelings and experiences was more than enough - so the personalised plans, support and guidance have all been a huge bonus that I am endlessly grateful for.

IN SUMMARY

Thrive has been nothing short of life changing. Tegan is an incredible human and will do anything in her power to help you feel like your true self again.

MOLLY · THRIVE WITH ENDOMETRIOSIS

ABOUT THE PROGRAM

Thrive with Endometriosis.

A structured, high-touch program for women ready to move beyond symptom management and build a body that genuinely supports them. Working through the Empowered Body Method, Molly received personalised testing and analysis, a targeted supplement protocol, tailored nutrition and lifestyle guidance, and consistent clinical support across the full three months, we are still working together as part of the four month program.

WHERE TO BEGIN

Ready to stop accepting pain as your baseline?

A Clarity Call is the place to start. We'll talk through your symptoms, your history, and whether Thrive is the right fit for you - honestly.

naturalist.

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BOOK YOUR CLARITY CALL AT [NATURALIST.CO.NZ](https://naturalist.co.nz)