

WHAT IF

...you had the ability to control your thoughts in order to kick your anxiety up the arse and take back control of your life with pure hunger

...you could build a resilient body that was healthy, fit, lean, strong and hard to take down

...you knew what food best serves your body to ensure long term optimal health, unlimited energy bank, mental clarity and focus and all without sacrifice and

regular cravings

...you could regain control of your life by creating an optimal living environment that totally re-wires your brain to a new body through daily habits that end

up being unshakable and totally sustainable without failure

.....all this with absolute clarity but without any of the pain and suffering you have learned through your programmed past, no stress, leading with love and

unbreakable hunger to succeed at your life

PAIN POINTS....

purely through domestication and past programming, here how most approach health and wellness:

- we jump on a new diet or exercise routine because we need to get healthier or a friend is doing it or it's the turn of a new year all with the attitude that yes, 'this is the new me' and this will definitely make me happy
- or life is always manic busy and stressy with very little sleep since this is the 21st century and is the norm, we have to constantly be ON and life has to be this way in order to succeed and slowing down is for geeks, right?
- before long on any 'diet' you tire of tracking everything in terms of its weight, the regular meal timings, getting the macro's bang on and if nothing is planned out or goes to plan, it's a big fat fail and everything is shitty again in your life
- this bad stress situation gets added to a stock of other built in stress and then you want out and you blame your partner, the dog, your bi's and tri's day, your left shoe and then you realize you also have a life, career and wider family
- any goals and good intentions you set yourself then go well out the window having been crazily hungry, tired, sore, and life is heavy and you then soak

up and revel in some brain farts that say 'aw at least I tried' and 'in a few months when....'

everyone in this cycle will eventually fail as its simply unsustainable over any time period and its all too easy for us to feel failure and procrastinate.

my message is that it doesn't need to be this way and you can avoid all the pain and suffering.

HEY, IM ANDREW MCLAUGHLAN.....

hi there, i'm andrew mclaughlan owner of get feral and founder of the evo edge 90 program. firstly, I wanted to let you know that you are not alone as I totally know how it is to feel frustrated, anxious and loss of control.

as far back as i can remember, i have always held a deep-rooted passion for optimal human health and wellness. from a very young age i always fascinated over the length of time we have here on our planet and one that i feared was too short! this desire took a much deeper dive over the recent years and i have been down the rabbit hole of self-optimisation and have researched many methods, diets, hacks, stories and experimented in many different areas of the health and wellness space, and i feel this is pretty cool.

as a former rugby player i used to think that my weekly training sessions along with hours spent at the gym and competing in matches at weekends were enough to keep me alive and keep me going - and whilst this holds true to some extent, i often wondered whether there was more i could or should do or if a different approach was needed to optimise myself both internally and externally.

during my pilgrim to geek out and become a master on everything about body + mind, i was able to arrive at a solid foundation for health. I have then fed this through and formulated a signature system that helps YOU do the same. my mission, purpose and calling is to now serve this up and to help the world.

I designed **The Evo Edge 90** program to take my many years and tremendous amount of hours of self-development, learning and un-learning into a 3 month coaching package to churn out a total lifestyle transformation designed to get you back in total control.

you are not a failure you just need to set out on some good old un-learning.

THIS IS WHO I WORK WITH....

busy professionals who have let stress run their life and now suffer from health anxiety and poor health and I help them implement simple and sustainable habits to regain control with a byproduct of unlimited confidence and strong, resilient bodies and minds.

respectable people who are seeking a workable relationship and want change and are feeling frustrated and overwhelmed about life and their longevity who want a different way, a successful way for lasting change to help them be a better overall operating human being.

WHY ME?.....

- **i can only take a client on a journey as far as the journey i have been on. i have been in your position and have done the work to make change**
- **my passion is to bridge the gap in our system and to help those who are experiencing what i wish i had known many years ago. i could only wish for**
such help and accountability back then
 - **i will present you with a solid foundational structure to dial it in every day, week and then the rest of your life**
 - **i will teach you to hold new standards through habit and by building a completely new environment to upgrade your lifestyle**
- **i will be with you every bit of the way with anytime access to me via email and messaging along with live weekly check in calls as well as continuous**
support through video, PDFs and emails
 - **i will teach a new style toward nutrition, training, mindfulness and make you resilient in all areas you are struggling**
- **i care deeply about you as a being and am truly passionate about aligning with my life purpose in educating and instilling lasting change for the better,**
with enjoyment and less stress and a massive amount of upside for your health and longevity

HOW IT WORKS.....

first off and once you have taken the decision to work with me, we will run a 1 hour one on one call where we will get a little deeper and run through your current struggles, where you want to be and what is stopping this. this will help both of us to build a lifestyle design template and a building block to begin with.

STEP 1: DIET

the start of the process we will do a deep dig and solely focus on nutrition with a spectrum of foods to adopt for great advantage and the importance of becoming flexible, metabolically. that's right, metabolic flexibility. by default when you switch to a primal aligned eating pattern you will be able to use fat as a fuel source again which is our evolutionary preferred fuel with a side effect of great health and energy.

STEP 2: TRAINING

we will dive right into the optimal training strategies that will switch on the genes you want turned on which will not insist on masses of time focused on training but rather the opposite with quicker more intense sessions with lots of low level movement. You will start to get an understanding of blowing off conventional wisdom and start dialing in your training with some variety, rest methods and all by building a fit, lean resilient body.

STEP 3: MINDSET + MEDITATION

we will focus on emotional fitness with understanding of your thoughts, how to lower stress, take charge of your performance and start to take action on introducing daily techniques that will up-level your confidence and get you clear on your purpose of life. this section will get to the roots of why we do what we do and why we need to stand back and look at our program to underpin the change you seek.

STEP 4: LIFESTYLE + HABITS

this is where we get to the juice having set some unreal foundational work and start to introduce new habits or rituals and also rid of old stale stuff, in order to align the new you to your new program with gravitational motivation! here you will transform more into your higher and healthier self where we will upgrade your morning and pre bed routines, set real life standards and learn about willpower and the importance of the musts in your life – all with a gradual introduction to breathwork and cold exposure and the importance of restorative sleep.

RESULTS....

this is my journey. that's me on the left. full of water retention and inflammation from a long old road of domesticated refined carb eating patterns, through a way of eating I was led to believe fueled my sporting career and life and excessive exercise. i admit I had it wrong.

the picture on the right is me now, a leaner, lower body fat with lean muscle mass and in control over life without the hunger pains and rigid eating programs and effortless workout mindset.



RESULTS....



Mega grateful for the plans bud. I pledge 100% support and whatever we can do to support this amazing venture we will, got total belief in everything you do! Some people never find the reason they were born, you already know buddy and that's amazing! I know fame is not what you crave, you will make a difference to this planet! X

7:17 pm

Hi there, I finished my last counselling sessions today, feeling great having control over my mind instead of my mind having control over me. Not lowering my dosage this week because of the things that I got going on but not looking at that as a negative. Choosing a different path for my life has been a success. I can't thank you enough looking back over the last two years compared the last couple of months. Putting positive thoughts into my mind instead of negative is the way forward. People may look at my battles as weak or silly but in my mind its been a hell of a journey and seeing light at the end of the tunnel is the way forward, and has only made me stronger. Thank you for opening my eyes to a different way of living and doing things. They only way is up xxxx

9:22 am



Hi buddy. Just want to say that after a week of switching out and bringing in approved foods, I feel insanely better 🦵 seeing a difference to my waist area and what's mad is my moods have changed too. Thanks man 🙏

You are amazing. I love your insta page and the content is soo on point and I have been implementing lots of the things you have suggested. Last few months have been really tough but the lifestyle tips you suggest pull me up and out. I have made a shift and working on making them a habit as you say ✅❤️

I didn't know anything about meditation only medication before I started to work with you. It's a crazy world. Through what you have been teaching I now make sure I dial this in everyday and I can honestly say after a few days my mind was much calmer - not snapping and my wife or the kids is pretty big for me pal. Awesome 🙌

Drew is my go to before anything or anyone else when it comes to my well-being 🔥 his motivation and teachings install and reinforce control is within us and to build myself an optimal environment to thrive! His knowledge and drive to share and do for others is beautiful and we need more of him 😊 more Drew's. I am a better person for me and my family through him.

13:21

THE EVO EDGE 90

the evo edge 90 is a completely unique and personalized, full life spectrum, health coaching package program that is unlike anything you have likely been offered and is a one on one dynamic with full support throughout our time together until graduation point or when you are in control.

you will get the following with this rare program:

- **a full 12 weeks curriculum**
- **an ancestral and modern science approach to learning and un-learning**
- **a weekly coaching call with me**
- **anytime access to me via email and messaging**
- **exciting educational material**
- **juicy weekly videos and emails**

READY TO GO

are you ready to work with me?

simply click the link below so that we can get on an initial phone call together where we will get to know each other and learn about your health goals and your journey so far and where you want to head.

immediately we will then determine if it's a YES to working with me and i will welcome you in and send an invitation across.....OR

if not then this is also perfectly fine and will offer some tips or suggestions that will at least help put you on the right path.

change your story, change your LIFE

CLICK HERE TO BOOK YOUR INITIAL CALL

