



MEET STEFANIA

Your partner in making health changes possible.

Stefania Bigi Alzati, MD
Board Certified Health & Wellness Coach
Functional Nutrition and Mental Fitness Coach

With a background in medicine and specialized training in women's health, Stefania brings together science, practical lifestyle strategies, and compassionate support.

Her work is grounded in one simple belief:
You are a whole person—and your physical health, emotional wellbeing, daily habits, relationships, self worth and sense of purpose all matter.



READY TO TAKE THE NEXT STEP?

Ask your physician about working with Stefania, or contact her directly to schedule a complimentary conversation.

HEALTHY NEW WAY

A healthier way forward, one step at a time.

CONTACT US

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WEBSITE

 www.healthynewway.com

Coaching is complementary to medical care and does not replace diagnosis, treatment, or recommendations from your healthcare professional.

Welcome to



Healing the whole woman,
body, mind and soul



PERSONALIZED SUPPORT

1:1 and small group coaching sessions

Hormonal & Reproductive Health

Understanding your cycle and supporting reproductive wellbeing through nutrition, lifestyle, and fertility awareness.

Stress & Mental Fitness

Learning practical tools to manage stress, change unhelpful thought patterns, and build greater resilience.

Energy & Wellbeing

Identifying the habits and behaviors that contribute to feeling tired, overwhelmed, or disconnected from yourself.

Sustainable Change

Creating realistic habits that support your health without adding another source of stress to your life—and having someone walk alongside you as you make those changes.

ESPECIALLY FOR WOMEN WHO ARE...

- Navigating fertility challenges
- Feel overwhelmed by the demands of motherhood
- Are going through menopause or hormonal changes
- Are living with a chronic health condition



SPECIAL SESSIONS FOR WOMEN FACING INFERTILITY

Healing Her Heart

Periodically free online sessions designed to help rediscover connection with God and renewed hope, receive guidance to begin shifting the way you think, feel, and believe—so you can walk forward with peace, faith, and strength.



“Spiritual motherhood is accompanying another toward the full formation of his or her person; it arises from the feminine capacity to welcome, nurture, and help life grow, in whatever form it presents itself.”
Edith Stein (Conferences collected between 1928 and 1932)