



## Destress & Best Sleep

### COPE WITH YOUR STRESS

Designed to improve your stress coping abilities and refine your sleeping habits, our Performance Program involves analyzing hormones and brain chemicals through blood or saliva tests, followed by a urine test. Regain control over stress and realign your sleep biorhythm to build resilience, enhance emotional well-being, and achieve a fulfilling life.



## YOUR 3-MONTH PERFORMANCE PROGRAM

From \$475

**Are you coping with daily stress or burnout?**  
You are if you have abnormal hormone levels.

**TESTING**  
Includes Fasting serum cortisol **OR**  
Upgrade to 4-point cortisol curve (+\$250)  
Add-on Neurotransmitters (brain hormones levels) (+\$750)

**SOLUTION**  
Based on your results, we customize an action plan to modify your lifestyle, diet, nutrient and hormone levels to achieve better sleep and emotional well-being.

**COACHING SUPPORT**  
**Health coaching sessions**

**Includes:** One 1-hour strategy session with health team to review results, communicate any normal/healthy biometrics, and develop an action plan plus one 30-min coaching session.

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**OPTIONAL 3-MONTH ADD-ON**  
**Includes:** Retesting, a second strategy session, and a follow-up coaching session.

### Suggested add-ons with your Performance Program:

Neurotransmitters, Balance Hormones & Anti-Aging, Optimize Nutrients & Vitality, Detox & Healthy Weight

**Our Performance Programs**

01 Detox & Healthy Weight	02 Destress & Best Sleep	03 Balance Hormones & Anti-Aging	04 Optimize Nutrients & Vitality
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➤ CONTACT US FOR A CONSULTATION