



Detox & Healthy Weight

RESET YOUR METABOLISM

Designed to help you reach an ideal weight using scientific insights, our approach involves analyzing your metabolism and hormone levels through a blood test. Based on your diagnostic test results, our program incorporates evidence-based lifestyle changes which can seamlessly integrate into your daily routine helping you achieve your health objectives.



YOUR 3-MONTH PERFORMANCE PROGRAM

From \$550

Do you have metabolic syndrome?
 You do if you have obesity, high blood pressure, and abnormal glucose and cholesterol profiles.

TESTING
 Includes Cholesterol A1C, Insulin, Thyroid

SOLUTION
 Based on your results, we customize an action plan to help manage cardiometabolic health to effectively improve energy and weight.

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.

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

Suggested add-ons with your Performance Program:

Food Sensitivities, Optimize Nutrients & Vitality, Balance Hormones & Anti-Aging, Destress & Best Sleep

Our Performance Programs

- 01
 Detox & Healthy Weight
- 02
 Destress & Best Sleep
- 03
 Balance Hormones & Anti-Aging
- 04
 Optimize Nutrients & Vitality

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