



## Balance Hormones & Anti-Aging

### MENOPAUSE AND ANDROPAUSE

Designed to support you through this natural hormonal phase that impacts performance at work and in life, our program utilizes a blood test to measure hormones. We then customize strategies to alleviate symptoms, optimize hormone levels and overall well-being. Tailored to empower you to regain vitality and resilience.



## YOUR 3-MONTH PERFORMANCE PROGRAM

From \$650

### Do you have a hormone imbalance?

You do if you have fatigue, brain fog, mood changes, hot flashes, sweats, disrupted sleep, skin blemishes, loss of muscle mass, change in sex drive, and weight gain.

#### TESTING

**Includes** Estrogen, Progesterone, Testosterone, Cortisol



#### SOLUTION

Based on your results, we customize an action plan to help balance your hormones to effectively improve your physical and mental well-being.

### COACHING SUPPORT

#### Health coaching sessions

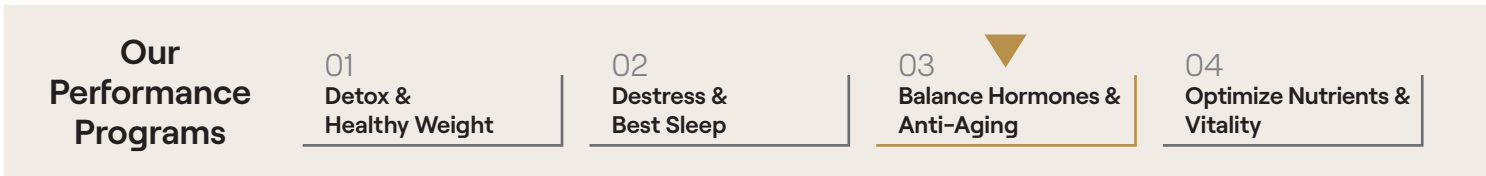
**Includes:** One 1-hour strategy session with health team to review results, communicate any normal/healthy biometrics, and develop an action plan plus one 30-min coaching session.

#### OPTIONAL 3-MONTH ADD-ON

**Includes:** Retesting, a second strategy session, and a follow-up coaching session.

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

Detox & Healthy Weight, Destress & Best Sleep, Optimize Nutrients & Vitality



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