



Performance Programs

ARE YOU AT PEAK HEALTH?

Each Performance Program provides an opportunity for our Naturopathic Doctor to target your most concerning health issues, with referral to our in-house physician team as required, to help you reach peak health.



PEAK HEALTH FOR PEAK PERFORMANCE

Our Performance Programs are tailored to assist individuals in repairing and recovering their health and well-being through personalized health regimens aimed at building resilience, enabling them to achieve peak health for peak performance. Diagnostic testing done in person or virtually (by self-testing kits), followed by a review of results by video conferencing with a health coach.

DETOX & HEALTHY WEIGHT

Reset your metabolism to reach an ideal weight. With a blood test, we analyze your metabolism and design a program incorporating evidence-based lifestyle changes which can seamlessly integrate into your daily routine.

From \$995

DESTRESS & BEST SLEEP

Cope with your stress and refine your sleeping habits. With a blood or saliva test, we analyze your hormones and brain chemicals to elaborate strategies to help you build resilience and enhance your emotional well-being.

From \$1,250

BALANCE HORMONES & ANTI-AGING

Regain vitality during menopause and andropause. With a blood test, we measure your hormones and customize strategies to alleviate symptoms and optimize hormone levels during this natural hormonal phase.

From \$995

OPTIMIZE NUTRIENTS & VITALITY

Optimize your health and prevent deficiencies. With a blood test, we assess the precise levels of critical nutrients to plan interventions to ensure your optimal bone health, cardiovascular function, energy production, and neurological health.

From \$1,250

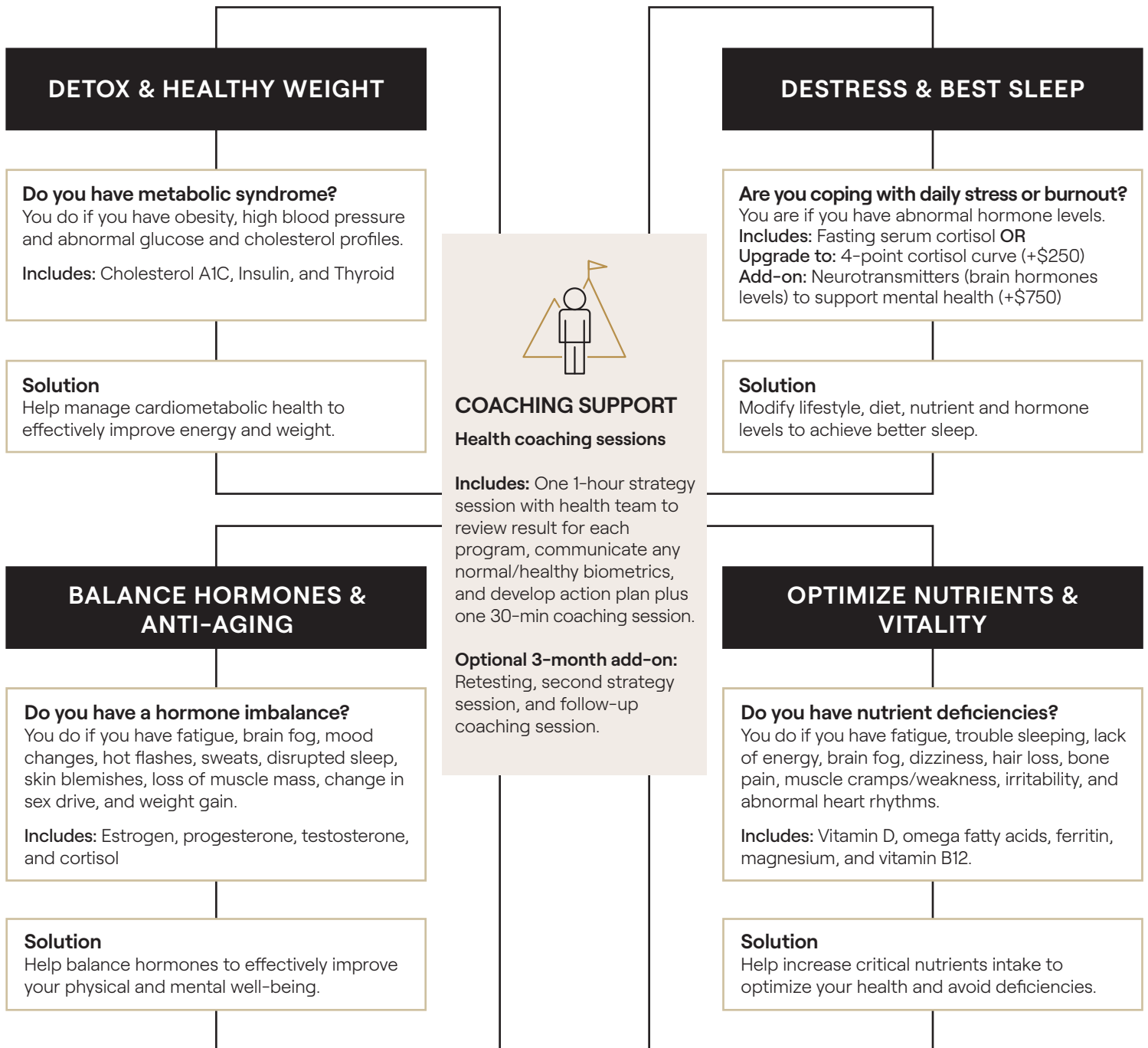
Your Performance Program may be covered by your insurance benefits.

[CONTACT US FOR A CONSULTATION](#)



SAMPLE 3-MONTH PERFORMANCE PROGRAM

Our Performance Programs offer customized solutions to address health concerns, employing specialized tests that your doctor would not typically order due to insurance coverage limitations. These tests are instrumental in optimizing your path to peak health.



theBespokeWellnessGroup™

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