

YOUR PERFORMANCE
IS MY PRIORITY!

Let's work to help your athletes
to be their best!

LEARN . EVOLVE . SUCCEED



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PRESENTATIONS

FREE COMPLIMENTARY PACKAGE (3 PRESENTATIONS)

- 1. BIO-ENERGETIC TESTING – YOUR ROAD TO OPTIMUM HEALTH & PERFORMANCE**
What is bio-energetic testing, how it works and how it can fine-tune the body.
- 2. HOW TO DEVELOP ONE OF THE MOST IMPORTANT QUALITIES IN LIFE**
8 habits to build stronger self-discipline to improve confidence, self-worth, and respect to yourself and others. Tips on practicing visualization and mental toughness.
- 3. VITAL NUTRIENTS 101**
Thorough breakdown of macro- and micronutrients and their best food sources.

SPORT PERFORMANCE SPECIFIC

- 1. THE SECRET OF COLOURS: POWERFUL PROPERTIES OF FOOD**
Find out why colorful diet is critical for performance, recovery, and overall well-being. Interactive presentation to spark interest in healthy eating and wise choices.
- 2. HEALTHY SNACK IDEAS FOR ATHLETES**
Healthy alternatives, ideas, and recipes to sustain steady energy flow throughout a day.
- 3. HYDRATION & PERFORMANCE – FACTS WORTH KNOWING**
Importance of water and how to hydrate wisely. Discover how to calculate the right amount of water you need and tricks on drinking more. What are electrolytes, how to choose and use.

4. UNDERSTANDING PROTEINS

Description of types, properties, and functions. Meat and plant-based food sources. Basics of supplementation. This presentation will give a solid base on protein supplements. More in-depth information is presented in the “Master your recovery after a practice or competition” presentation.

5. CARBOHYDRATES – GOOD AND UGLY

Description of types, properties, and functions. How to choose right carbohydrates for sustainable energy production, support metabolism, mental stamina, and digestive health.

6. FATS – FRIEND OR FOE

What are ‘good’ and ‘bad’ fats. Their role in our diet, mental health, performance, and hormonal balance. Basics of supplementation with beneficial Omegas. This presentation will give a solid base on Omega supplements. More in-depth information is presented in the “Supplementing with beneficial fats and oils” presentation.

7. NUTRITIONAL STRATEGIES BEFORE PRACTICE OR COMPETITION

Description of nutrients to help to sustain energy, mental focus, and optimize performance. How to apply science of nutrient timing.

8. NUTRITIONAL SUPPORT DURING TRAINING OR COMPETITION

Description of nutrients to help with steady energy production, avoid mental fatigue, and reduce muscle damage. Healthy snack ideas.

9. MASTER YOUR RECOVERY AFTER PRACTICE OR COMPETITION

How to choose and use protein powders. Description of nutrients and other strategies to aid recovery, decrease soreness, control inflammation, and support muscular and overall health.

10. HOW TO SUPPORT YOUR BODY DURING PRE-COMPETITION PHASE

Dietary and supplemental strategies during in-season phase of competition to help athletes to stay healthy under the hard training load.

OVERALL HEALTH

1. ADAPTOGENS – THE SECRET WEAPON OF STRESS RESISTANCE

What are adaptogens and how to use them to improve the body’s ability to resist multiple forms of stress.

2. THE SECRETS OF BALANCED ENERGY

Struggling with energy? Having energy slumps mid-morning or mid-afternoon? Nutrition can take you from fatigue to vitality. Learn which common foods deplete energy and which foods and beverages will keep you going strong all day long.

3. STEPS TO BOOST YOUR METABOLISM

Learn simple ways to reach your desired body weight, improve converting food into energy, and overall cellular health.

4. IMPROVE YOUR SLEEP

Dietary, herbal, supplemental, and lifestyle strategies to improve sleep to wake up rested. Why rest and sleep are not the same and how lack of rest affects your sleep.

5. DEBUNKING THE FOOD INDUSTRY

Food industry secrets: what's on the menu? How to make correct choices and healthy ideas for shopping and cooking.

6. CONQUER YOU CRAVINGS

Do cravings sabotage your good intentions? Discover underlying reasons and what simple steps to take to reduce unhealthy munchies. Emotional eating: why are we doing it and how to stop.

7. SUPPLEMENTS – HOW TO CHOOSE

How to look for unwanted ingredients. Natural vs. synthetic and how to choose a reliable company.

8. SUPPLEMENTATION WITH COMMON NUTRIENTS – DO IT RIGHT

This is a sequence of presentations targeting specific areas. Each presentation is one hour long and contains complete information of each covered nutrient: its functions, food sources, signs of deficiency, and correct ways to supplement.

1. MINERALS TO THE RESCUE

Magnesium, Calcium, Zinc, Chromium, Selenium, and Iron.

2. WATER-SOLUBLE VITAMINS

B vitamins family and vitamin C.

3. FAT-SOLUBLE VITAMINS

Vitamins A, E, D and K.

4. BENEFICIAL FATS AND OILS

Find out different types of Omega oils and other beneficial fats.

5. AMINO ACIDS

Common amino acids used for supplementing athletes. When and how to use them.

6. PROBIOTICS EXPLAINED

Probiotics vs. prebiotics. Their types, food sources, and supplementation – when and how.

7. OTHER NUTRIENTS

Vitamin T, CoQ10, Turmeric, Fiber, Chlorella and Spirulina.

9. SURVIVING WINTER WITH THE RIGHT SUPPLEMENTS

Detailed information about vitamins C, D and K: food sources and how to choose, calculate, and take their supplements. Basic strategies on supporting the immune system.

10. BLACK SEED OIL – THE HIDDEN GEM OF YOUR VITALITY

Discover its properties, benefits, and use. Supplementation - how to choose and use.

11. DETOX - HOW TO DO IT SAFE

Where toxins are coming from and ways to detox safely and effectively. Simple tips with powerful results.

12. FASTING EXPLAINED

Discover different types of fasting and their benefits. How to choose, implement, and benefit from this simple lifestyle strategy.

13. GAME PLAN FOR MAN'S HEALTH

Natural strategies to increase testosterone, growth hormone, and overall vitality. From nutrients to supplements – everyone will find a helpful tip to stay vigorous and energized. Supplements and herbs – Dos and DON'Ts.

14. HORMONAL WELLNESS FOR WOMEN

Are you on the other side of 40? Let's learn how to prepare for the coming changes. Perimenopause, Menopause, and Postmenopausal symptoms and how to endure them. Ways to balance essential hormones for beauty and health. Supplements and herbs – Dos and DON'Ts.

15. STRESS-BUSTING STRATEGIES

Running on an empty tank? Feeling frazzled, exhausted, and burned out? Discover how to achieve consistent energy and moods throughout the day. Learn which foods support brain health and which minerals and nutrients are depleted during times of stress.

16. IMMUNE SYSTEM – IMPOWER YOUR DEFENSES

Find out which foods and beverages support immunity and which lower your resistance to illness. Lifestyle tips and key supplement recommendations round out this simple and effective plan to support your immune system.

17. VIRUSES VS. BACTERIA: WHAT'S THE DIFFERENCE

Let's take a dive into world of bacteria and viruses. What do we know, need to be aware of, how to protect from harmful types and support the ones that help us to survive. Find antimicrobial immune boosting strategies and toxin-free cleaning products ideas.

18. BASICS OF HEALTHY DIGESTION

Alleviate digestive discomfort and learn what strategies and supplements can benefit one of the most important body systems. Simple nutritional solutions can give a relief and comfortable digestion!

19. PREVENTING HEART DISEASE

Confused about cholesterol? Learn how to eat to protect your heart. Herbs, supplements, and lifestyle strategies.

20. ALZHEIMER'S DEMENTIA - PREVENTATIVE MEASURES

What is the difference between Alzheimer disease and dementia? Signs, lifestyle, diet, supplements, and herbs.

21. BRAIN-BUILDING NUTRITION

Learn how nutrition supports good mood, memory, and concentration. Explore what type of critical brain nutrients we all need.

22. INFLAMMATION – THE SILENT ENEMY

What is inflammation and how to address it to reduce pain, improve health and alleviate inflammation-based conditions.

23. LUNGS - NATURAL WAYS TO SUPPORT AND KEEP HEALTHY

What are the best foods, herbs, and home-made recipes for lungs support? Find out what supplements, breathing techniques and other ideas which can strengthen the lungs.

24. JOINT HEALTH

Ways to protect and keep your joints healthy. Useful tips to understand what needs to be done and what foods and supplements are worth of your attention.

25. PREVENT OSTEOPOROSIS WITH BONE-BUILDING STRATEGIES

Like plants, bones are alive and need water and key nutrients to thrive. Learn which foods build bones and understand the factors that put your bones at risk. Discover the best sources and types of minerals and vitamins for strong, healthy bones.

26. HELP KIDS STAY CALM AND COLLECTED

Watch for hidden signs of stress and anxiety. How to communicate and create a game plan. This presentation was created for parents during COVID-19 lockdown. It can be beneficial for creating strategies on how to support closeness of the family and ideas on how to stay connected with children of different ages.

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