

YOUR WELL-BEING IS MY PRIORITY!

By working together, we will improve productivity, mental focus, and the overall health of your team!

SUCCESS . CLARITY . PASSION



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FUNCTIONAL TEST PACKAGES

1. NUTRITIONAL DEFICIENCIES

Summary of macro and micronutrient deficiencies, pH and hydration status followed by dietary and supplement recommendations.

2. METABOLIC TYPE DIETARY PLAN

Helps to bridge the gap between available and beneficial dietary strategies based on individual needs.

3. COMPLETE ORGAN EVALUATION

Which organs and systems need the most attention and support.

4. ENERGY PANEL

Physical, mental, and emotional energy scores (ranging from 10% to 99%), nutritional deficiencies that may interfere with the energy production.

5. EXERCISE EVALUATION

Beneficial type of exercise (aerobic, anaerobic, stretching, breathing) can be beneficial outside of usual training based on its type, intensity, duration, and frequency.

6. TOXIC LOAD

Body toxicity level (on a scale from 1 to 10) and required nutrients, essential oils, and herbs to help with detoxification based on individual constitution.

