

YOUR PERFORMANCE IS MY PRIORITY!

By working together, we will strive for
impossible and reach for unreachable!

SIMPLY . BALANCED . ENERGY



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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. ADDITIONAL EXERCISE EVALUATION

An additional type of exercise (from aerobic, anaerobic, stretching, and breathing groups) that is beneficial outside of usual training. Recommendations will be based on its type, intensity, duration, and frequency.

6. TOXIC LOAD

Body toxicity level (on a scale from 1 to 10) and its type (heavy metals; environment, household, and agricultural chemicals; pathogens; radiation) and required nutrients, essential oils, and herbs to help with detoxification based on the individual constitution.

7. FOOD SENSITIVITIES

A detailed list of possible sensitivities to dairy and non-dairy products, eggs, fish/crustaceans, grains/legumes, meat/poultry, nuts/seeds, oils/fats, vegetables/fruits, beverages, spices, sugars/sweeteners, additives, cooking ingredients, and anti-nutrients that can cause various health challenges.

8. FOOD FOR OPTIMUM HEALTH AND PERFORMANCE

Find out what type of foods benefit your body the most. This assessment will help you to enrich your diet with a customized selection of the most nourishing foods for you. It includes a wide range of food categories and will allow you to build customized meals, snacks, and trial mixes based on your body's needs.

9. STRESS SUPPORT

Nutritional deficiencies that affect stress recovery. Specific nutrients, essential oils, and herbs to help with mental concentration, to cope/resist stress.

10. MENTAL SUPPORT

Specific emotion to concentrate on. Useful sentences (affirmations) based on personal thinking patterns.

11. VERTEBRAL / NON-VERTEBRAL PROFILE

Structural imbalances that need attention to prevent injuries, improve mobility, and overall well-being.

PROFESSIONAL DEVELOPMENT PACKAGE

This package is equally beneficial for teams, professional athletes as well as beginners.

Can be designed for peak or off-season training.

It is designed based on your needs. Therefore, the price will vary.

We will work together on developing an individualized nutritional program that is right for you.

Please contact Tatiana for more details.

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