



HIGH LEVEL HEALTH UPGRADE

Four Session Discount Package: \$360

* ARE YOU EATING RIGHT AND EXERCISING, BUT WOULD LIKE TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

* DO YOU STILL HAVE SOME PERSONAL HEALTH CONCERNS AND SYMPTOMS OF LESS THAN IDEAL HEALTH THAT YOU WOULD LIKE TO REVERSE?

Would you like to acquire **powerful science-based personalized nutrition/supplement information** to help you to bypass your genetic weak links and avert the progression of age-associated chronic diseases?

I can be an ally for your health and give you the tools you need to gain back your wellness. There are simple measures you can take to protect and enhance your wellbeing. With my support we will create a tailored action plan to optimize your body's innate healing ability so that you can potentially resolve your personal health challenges, reverse your symptoms and reach your highest health potential.

Specifically I will be sharing targeted and leading-edge research-based optimal aging principles, functional assessments, dietary supplement, and herbal and lifestyle information. I will also:

- Recommend targeted nutrient-dense foods (a source of concentrated nutrients) to support your health improvement.
- Do an inventory of your symptoms that potentially can relate to an imbalance in the 7 core physiological processes
- Assess nutritional (vitamin/mineral fatty acid/protein) insufficiencies. Supplementation can be a key element for helping your body to come into balance. There are specific supplements that are proven to work in human clinical studies.
- Assess a client's nutritional, digestive, and metabolic status through clinical techniques, and simple home tests
- Give you tools to optimize the functioning of your gut-which is the foundation of your health.

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