

Functional Medicine

12 WEEK PROGRAM

Are you feeling frustrated and confused about your health? Are nagging symptoms affecting your quality of life and relationship? Did your lab test come back "normal", yet you still feel terrible and the only solution you've been given is an endless list of medication? Do you ever wish your health care provider would take the time to listen to your story and actually hear what you have to say? Are you tired of chasing symptoms and ready to get to the root cause?

If this sounds like you, you're in the right place! We understand your frustrations and are here to offer you an all inclusive approach to your health, one that puts YOUR priorities first and works to address underlying causes, rather than solely focusing on symptoms management alone.

WE CALL IT HEALTH RESTORATION PROGRAM

Addressing the root cause with a personalised health-optimization strategy!

What is the Restoration Program?

The Health Restoration Program is a 12-week health optimization program designed to help you overcome chronic disease and achieve amazing health, so you can live life to your full potential.

The program is founded on the principles of Functional Medicine and focuses on identifying and addressing the underlying drivers at the root disease, instead of simply treating symptoms.

This is achieved using comprehensive intake forms and cutting-edge laboratory tests, which allows us to understand your unique story and develop a personalized health optimization strategy. We'll provide you with the education and skills you will need to live the life you were designed to live and stay vital naturally, along with guidance and support at every step along the way!

The Health Restoration program addresses the core pillars of health, including:

- Nutrition
- Hydration
- Gut Health
- Blood Sugar Regulation
- Physical Activity
- Sleep
- Stress management
- Hormonal balance
- Cellular Energy Production
- Detoxification
- Environmental factors

How can this Help Me?

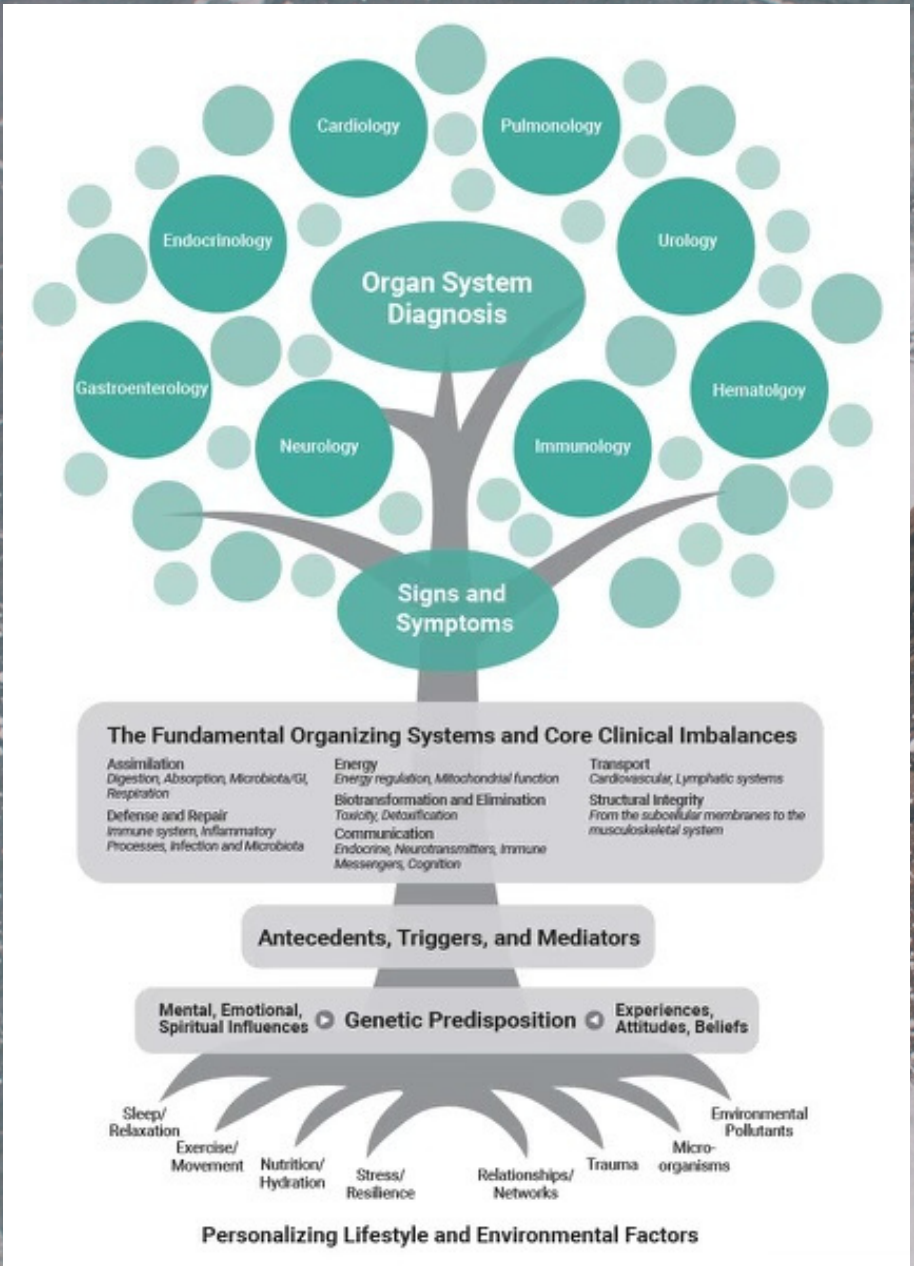
The Health Restoration Program has been designed to help people suffering from wide-range of health complaints. Instead of focusing on specific symptoms, our goal is to reverse engineer your health by identifying and addressing the imbalances that underly these symptoms in the first place.

While it's not our intention to diagnose or treat any specific disease label, many of our patients with the following health issues have reported improvements with our approach:

- Digestive Issues
- Hormonal Imbalance
- Autoimmune Diseases
- Difficulty Losing or Gaining Weight
- Skin Problems
- High Blood Sugar, Diabetes & Metabolic Syndrome
- High Blood Pressure, High Cholesterol & Cardiovascular Disease
- Joint & Muscle Pain
- Headache & Migraine
- Poor Energy & Chronic Fatigue
- Low Immunity & Allergies
- Cognitive Decline
- Mood Disorders
- Irregular Cycles & Fertility Problems

Whether you've been already diagnosed with a chronic disease, or are still trying to figure out what is behind your symptoms--The Restoration Program will help you get to the root cause and provide you with a road map you can use to navigate your way back to improved health and wellbeing.

"We'll provide you with a customized plan to help you get to the root cause of your health complaints."



"Functional medicine addresses health issues not by treating symptoms, but by addressing the underlying imbalances and dysfunction at the root of the issue."

Health Restoration

12 WEEK PROGRAM

INVESTMENT \$ 1240 [Save \$150]

- 8 ONLINE CONSULTATIONS (60+ MINS)
- FUNCTIONAL LAB CHEMISTRY ANALYSIS
- LAB TEST INTERPRETATION VIDEOS
- NUTRITION & LIFESTYLE PROGRAM
- CUSTOMIZED SUPPLEMENT PROGRAM
- EDUCATIONAL MATERIAL + RESOURCES
- FULL PRACTITIONER ACCESS 24.7
- DIRECT LAB PRICING (OVER 50% OFF)
- PRIVATE FACEBOOK GROUP
- BONUSES INCLUDED
 - DISCOUNT ON SUPPLEMENTS
 - ACCESS FOR 6 MONTHS
 - 1 FREE VIRTUAL 30 MIN PREP WITH CHEF

***LAB TESTS AND SUPPLEMENTS ARE NOT INCLUDED AND ARE CUSTOM BASED ON YOUR HISTORY AND RESULTS—20% OFF OF SUPPLEMENTS WHEN USING PRACTITIONER ACCOUNT.

Features & Benefits

Systems Approach

We see the body as inter-connected. In order to influence one part of body—all must be considered!

Comprehensive Intake

An in-depth review of your medical history to help us understand your unique story.

Personalized Nutrition

Optimal nutrition is essential component for overcoming chronic conditions—we will identify the best for you.

Lab Interpretation Videos

We want to make sure you fully understand your results so you can be better informed and more engaged in your care.

Smart Supplements

Performing lab testing upfront allows correct dosage for appropriate length of time with highest quality.

Advanced Lab Testing

Advanced lab testing (blood, urine, stool, saliva) to get accurate data to help you towards your health goals.

Individualized Plan

Customized health program including personalized nutrition, lifestyle modifications + mind/body/soul advice

Education and Support

Provided support you'll need to achieve great health. You also have access for 6 month to private FB group.