

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?

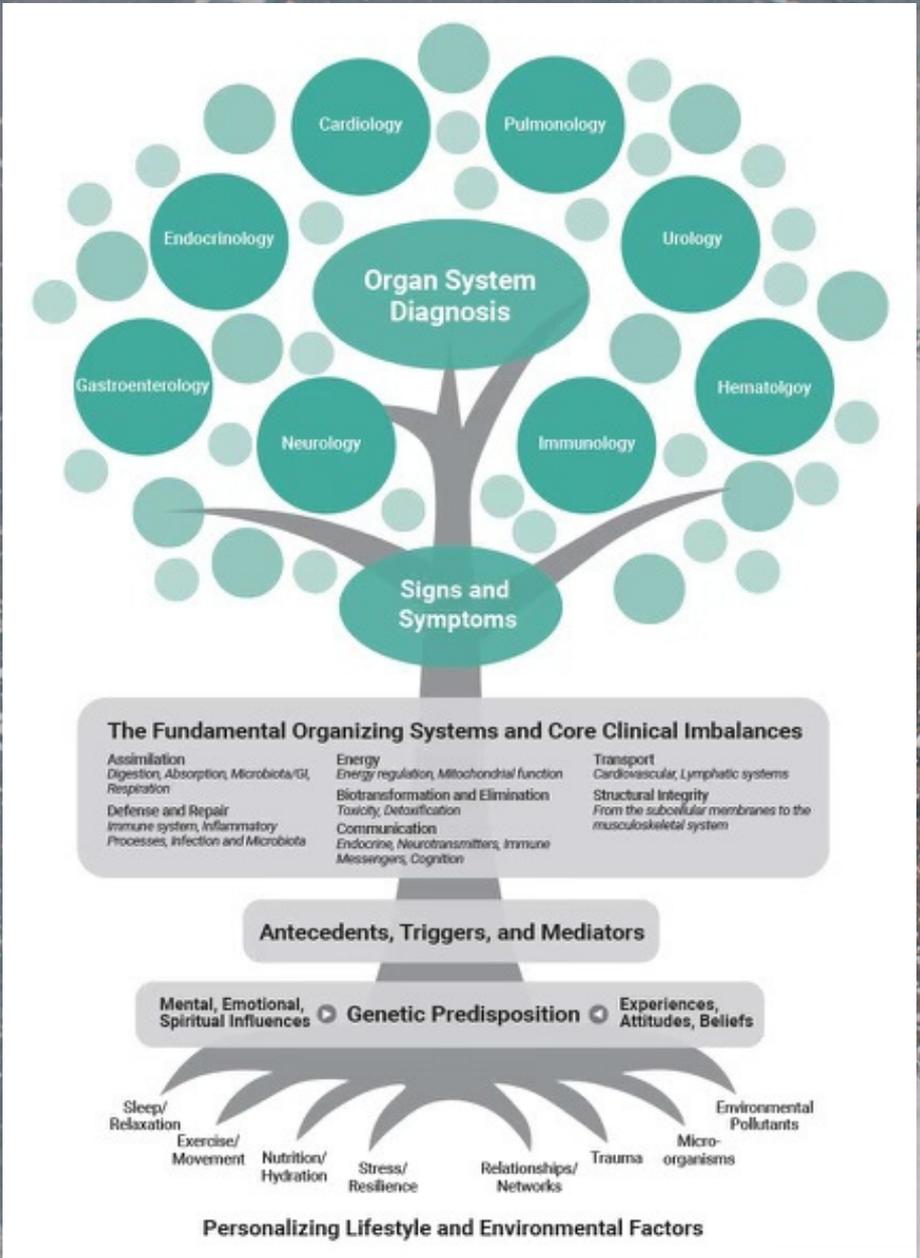
The Health Restoration Program has been designed to help people suffering from wide-range of health complaints. Instead of focusing on specific symptoms, our goal is to reverse engineer your health by identifying and addressing the imbalances that underly these symptoms in the first place.

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 \$ 1220 [Save \$150+Bonuses]

- 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.

Outline Objectives: Restoration Program

True “Well-Being” can be described as a “lifestyle and a personalized approach to living life in a way that... allows you to become the best version of yourself! So, for just a second, get rid of all of your insecurities and self-doubt. Imagine you are the healthiest and happiest version of yourself. What would that look like? Keep that picture in your mind as you continue reading. In order to reach our potential, we must care for each of the five dimensions of holistic health: physical, emotional, social, spiritual, and mental health. We must continually enhance our self-awareness to recognize our strengths, weaknesses, and opportunities for improvement. And we have to replace negative habits with those that will benefit our wellbeing. Live life authentically in each of the five dimensions of holistic health. Be the best person you can be. You are capable of greatness. Let that flow from within, and you will reach your highest potential. REMEMBER WHAT YOUR BODY ACHIEVES IS FROM WHAT YOUR MIND BELIEVES—SPEAK WHAT YOU WANT TO BE TRUE & MANIFEST THE LIFE YOU WANT TO LIVE!

Physical Health

We most often think of physical health in terms of weight or appearance, disease, or pain. But it is so much more than that. Our physical health refers to how we care for our bodies on a daily basis through our choices and habits, which ultimately leads to long-term health. There is also an external factor that contributes to our individual wellbeing: the health of our physical environment. The spaces we live in, the air we breathe, the water we drink, the soil we grow our gardens in—they all contribute to our physical health.

- * Eat a nutrient-dense diet by consuming whole foods such as organic farm-fresh vegetables preferably self-made, or prepared! Whenever possible, choose products from regenerative agriculture farms. When you choose to support these farmers, you are also supporting the health of the environment. Stay away from inflammatory foods such as gluten, wheat, soy, dairy, GMO!
- * Exercise your physical body—You can forest bathe, do a HIIT workout, practice yoga, or walk your dog around the park. But be sure to get your body moving for at least 15 minutes a day.
- * Get quality sleep. This means getting an adequate amount of sleep and avoiding stimulants well before going to sleep so you can hit REM. Sleep is an important part of the body’s healing process.
- * Limit or stay away from mind-altering substances such as alcohol, caffeine, or other heavy metals!

Emotional Health

Emotional health is a state of being that allows you to manage your emotions in a constructive way. Positive and negative emotions will regularly enter your life. But it is important to take a step back to understand and respect our feelings, values, and attitudes without letting them adversely affect our days. Maintaining a level of objectivity in our emotions as well as others’ is imperative in building positive emotional health.

- * Pay attention to your thoughts and practice to SPEAK what you want to be true. Your mind is a powerful part of the body and it can greatly influence your overall well being.
- * Keep a journal to create a safe space for you to express your feelings. And a place for you to identify areas you want to work on in your life.
- * Get into nature. This is integral to our emotional health.
- * Practice mindfulness through meditation, breathwork, and living in the present moment and forgiving any past trauma or circumstances.

Social Health

Social health refers to our ability to maintain healthy relationships, develop intimate connections with others, and allow others to care about you. It also includes making contributions to your this life experience/universe and respecting personal boundaries that you create.

- * Make at least one genuine connection with a friend or loved one each day.
- * Get involved in your community by joining an organization by giving back to what this world has provided for you!
- * Set healthy boundaries with people in your life. Learn how to say no when you need to, and recognize that you have full control over the FOMO you may feel.

Spiritual Health

Spiritual health encompasses our purpose in life, our guiding values, and connections to others and the world around us. And it is largely up to the individual to determine their own spiritual health in terms of religion or faith. In essence, spirituality is the intangible part of the individual that transcends physiology and psychology.

- * Give yourself time to reflect on who you are as a person and your place in the world. And ask yourself if you are on the path you want to follow in life. Take corrective steps while being gentle, kind, and understanding of yourself. Life is a journey, not a destination.
- * Practice meditation and mindfulness daily.
- * Get into nature and connect with the greater world around you.
- * Create a healthy space to practice your spirituality/belief!

Mental Health

Mental health, while intertwined with our emotional health, refers to cognitive functioning. A healthy mental state is not merely the absence of illness. Stress and anxiety are part of daily life; it is our ability to handle situations and use them to our advantage that sets those with sound mental health apart from those that do not. Stretching is as important for physical health as it is for mental health. Stretch your brain by exploring a new topic. Or discover new tools for growing stronger mentally.

- * Be a lifelong learner. Keep your mind active by challenging the brain to learn more constantly and evolve as a human being. Allow yourself to further your understanding of the world around you.
 - * Consume nutrient-dense foods that support brain health. Your gut health is directly connected with your brain's health. So, opt for foods that optimize your wellbeing. These foods that are rich in omega-3 fatty acids, dark leafy greens rich in vitamins E and K, and liver. Foods rich in folate and vitamin B12, which are both essential to maintaining healthy red blood cells and fostering healthy brain development.
 - * Replace habits and activities that negatively affect brain function with those that positively affect the brain. Consider picking up a new book or listening to a podcast that enhances your mental health instead of consuming alcohol or any substances.
 - * Drink adequate water throughout the day.
- **Refer below for the outline of your care throughout the 12 week restoration****



Payment Plan Option: 2 Payments of \$695 [see other options in our Membership Area]