

WHAT IS YOUR HEALTH & WELLBEING GOAL?



- Lose weight & increase muscle mass?
- Learn about personalised nutrition & clean eating?
- Reverse chronic disease & inflammation?
- Beat the bloat & have regular stool & smooth digestion?
- Increase energy levels & gain mental clarity?
- Discover secrets of anti-ageing & longevity?
- Get misfiring hormones under control and ease perimenopause?

I would be delighted to guide you in your transformation journey to the best version of yourself!

COMPREHENSIVE INITIAL PACKAGE

- Includes 8 -10 hours of my research time, our communications before the consultation to support you with blood tests, how to speak to the doctor and any questions you have.
- Consultation is via webcam (ZOOM) and recording is provided after the session
Alternatively, we meet in person in my office (Picassoplatz 4, Basel-Stadt)

Before our meeting I will:

- Review your completed [17-page health questionnaire](#)
- Analyse all your provided [biochemical test](#) results
- **Recommend additional blood tests**
- **Prepare a medical letter for your GP requesting test or prescription for NT**
- Research, review and analyse your [medication & supplements](#)
- Review thoroughly your [5-day food diary & lifestyle tracker](#)
- Prepare additional questions for our one-to-one meeting

During our 90-minute consultation, I will:

- Point out the connection between your health issues and blood test results
- Interpret your biochemical blood results & explain the impact on your health
- Point out dietary mistakes and suggest alternatives to avoid nutritional deficiencies
- Suggest strategies that would help you optimise your Health & Wellbeing

After our consultation I will:

- Summarise the agreed action plan and supplement recommendations
- Provide you with a ZOOM recording and any information discussed during the call
- Recommend a personalised package that would help you correct deficiencies and prevent disease and get you back on track.