

METABOLIC RESET PACKAGE

INVESTMENT: 1170 CHF



WHAT IS INCLUDED IN THE PACKAGE?

1 X COMPREHENSIVE INITIAL CONSULTATION

2 X 90 MINUTES CONSULTATIONS

1 MONTH ACCESS TO WEEKLY LIVE Q&A SESSIONS

- Consultations are online (ZOOM) or in person in my office in Basel city.

Before our meeting I will:

- Review your completed [17-page health questionnaire](#) form.
- Analyse all your provided [biochemical test](#) results (blood, urine, stool).
- 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-minutes consultation, I will:

- Interpret the [biochemical interaction & your blood test results](#) and look for the root cause of your health issues.
- Point out [dietary mistakes](#) based on your diary & lifestyle tracker.
- Suggest strategies that would help you optimise your Health & Wellbeing.

After our consultation I will:

- Summarise 4 main steps in writing providing suggestions and an action plan.
- Recommend personalised supplements and dietary strategies.
- Provide cheat sheets with portion control & therapeutic food, and meal plan examples.
- Provide a recording of our ZOOM meeting so that you can review it again and prepare questions for the following sessions.
- In each consultation, we target the main health issues and create personalised nutritional management that suits your lifestyle.
- We [co-create action plans](#), dietary changes, lifestyle adjustments, and exercise plans.
- FODMAP [Hydrogen breath test](#) for food sensitivities, anti-inflammatory food.
- Personalised [macro-nutrient calculation & menu plan](#).
- Support with Food & Mood diary review before each consultation (to point out any alternatives, portion sizes, food reactions & alternatives).
- [Assistance with shopping](#) for new items from the CLEAN EATING shopping list.
- Supplement programme to support mental, emotional and nutritional deficiencies, manage cravings & sustainable weight loss, restful sleep and energy levels.

BONUS: access to online course EAT CLEAN GET LEAN & MEAL PLANS and intensive weekly LIVE sessions support. You can hop on a call and ask me anything you want.