

# METABOLIC RESET PACKAGE

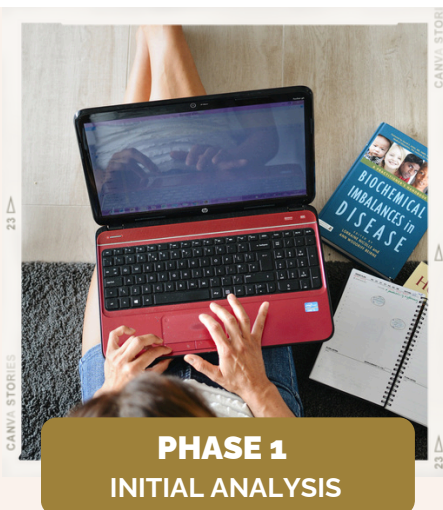
## WHO IS THIS FOR?

- Have you noticed changes in your **body shape**, **energy levels**, mental, emotional and physical performance?
- Do you have numerous biochemical test results **“looking normal”**, but you don't feel quite right?
- Are you eager to become the **master of your health and captain of your soul** to avoid chronic disease?



## HOW WILL I HELP YOU?

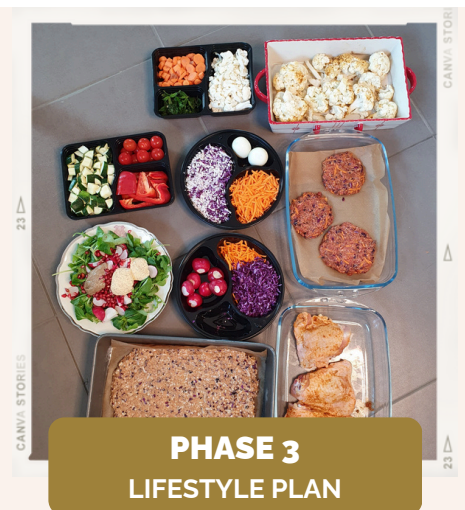
- I will **review** your health questionnaire, meal plans, and lab tests and recommend other tests to obtain a complete picture of your health status.
- I will **explain** the functional medicine matrix and connect your symptoms to the biochemical findings.
- I will **prepare** a therapeutic meal plan and supplement programme structured around small monthly goals to create sustainable change and new habits.
- I will **meet you** in person (or online) for a shopping session to introduce alternatives to your favourite food and enrich your eating habits.



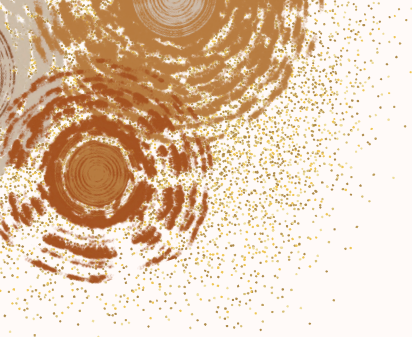
**PHASE 1**  
INITIAL ANALYSIS



**PHASE 2**  
BALANCE



**PHASE 3**  
LIFESTYLE PLAN



# WHAT WILL YOU GET ?



## HOLISTIC 1-TO-1 SESSIONS

- 1x comprehensive analysis (incl, 90 min consultation)
- 3x60 minutes of follow-up private sessions
  
- 3 months **access to ONLINE COURSES:**
  - **EAT CLEAN, GET LEAN + BODY & MIND DETOX**
  - **MEAL PLANS & FUNCTIONAL MEDICINE PROTOCOLS**
  
- GET INSPIRED WITH "SELF-PACED" MODULES

### INCLUDING:

- WORKBOOKS
- ACTION PLANS
- COOKBOOKS
- TEMPLATES
- VIDEO RECIPES



## THE VALUE FOR YOU

3 MONTHS

TOTAL VALUE: 2.576 €/CHF

**YOUR INVESTMENT: 997 €/CHF**

### OPTION #1

**Pay in full 997 €/CHF**

get two **BONUSES**

- **SCIENCE OF THE WEIGHT LOSS & INTERMITTENT FASTING** online self-paced course
- **BODY & MIND DETOX** online self-paced course

### OPTION # 2

**Monthly payment 3 x 333 €/CHF**

(3 instalments **without** additional surcharge)

## IS THERE A GUARANTEE?

YOUR EFFORT = YOUR RESULTS GUARANTEE

*"You can lead a horse to water but can't make it drink."*

I can't physically control your actions or your thinking.

I can't implement lifestyle changes for you.  
That's why your results are up to you.

*"You get out what you put in."*

I will support you every step of the way, but you need to do the work and commit to change.

