

# METABOLIC RESET PACKAGE

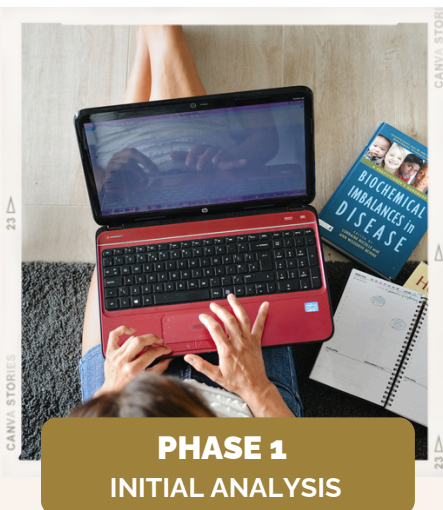
## WHO IS THIS FOR?

- 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?

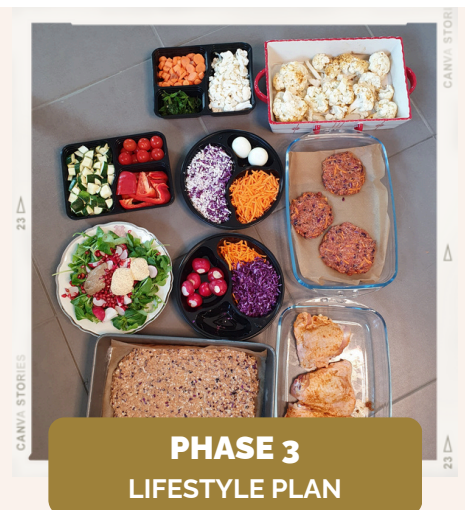
- I will **review** your health questionnaire, meal plans, and lab tests to obtain a complete picture of your health status.
- I will connect your symptoms to the biochemical findings and explain the imbalance's root cause and underlying mechanism.
- I will **prepare** a therapeutic meal plan and supplement programme to help you achieve your health goals and create sustainable lifestyle changes.
- I will **provide additional guidelines in the follow-up session to ensure you are on the right path.**



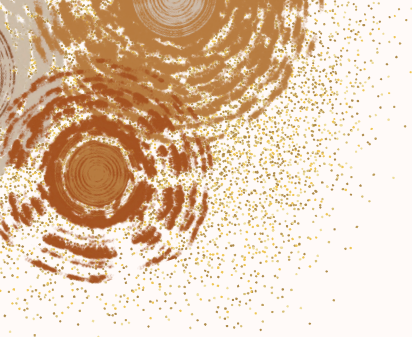
**PHASE 1**  
INITIAL ANALYSIS



**PHASE 2**  
BALANCE



**PHASE 3**  
LIFESTYLE PLAN



## WHAT WILL YOU GET ?



### HOLISTIC 1-TO-1 SESSIONS

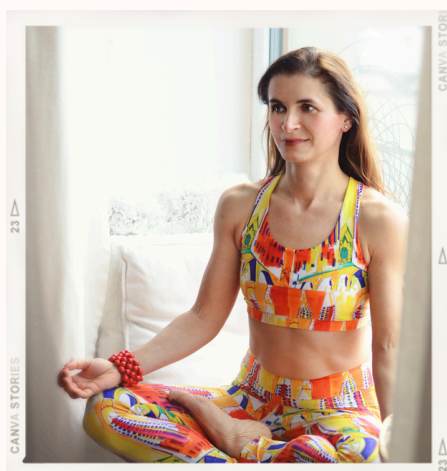
- 1x comprehensive analysis (including 90 min consultation)
- 1x45 minutes of follow-up private sessions

This package does NOT include email support in between sessions or access to LIVE Q&A weekly calls.

- 3 months of **access to self-paced ONLINE COURSE:**
  - **MEAL PLANS & DIETARY PROTOCOLS & COOKBOOK**
  - **EAT CLEAN, GET LEAN**
  - **SCIENCE OF THE WEIGHTLOSS & INTERMITTENT FASTING**

#### INCLUDING:

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



# THE VALUE OF YOUR INVESTMENT

3 MONTHS

TOTAL VALUE: 2.182 €/CHF

**YOUR INVESTMENT: 997 €/CHF**

## OPTION #1

**Pay in full 997 €/CHF**

get **BONUS**

- **HORMONE YOGA THERAPY** 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.

