

FUNCTIONAL MEDICINE 360°

ALL INCLUSIVE CONCIERGE SERVICES

WHO IS THIS FOR?

- Are you a busy professional who values time and health?
- Have you noticed subtle but worrying changes in your energy, weight, mood, or performance?
- Are you tired of guessing and want someone to order the proper tests, explain what's happening, and give you a clear plan?
- Do you want to invest in prevention, slow ageing, and get back to feeling like yourself again—without wasting years trying to figure it out alone?



HOW WILL I HELP YOU?

- I will order cutting-edge functional medicine tests (blood, stool, DNA, hormone panels) based on your symptoms, which will be delivered to your home.
- I'll analyse and interpret the results, uncovering the root cause of your fatigue, inflammation, gut issues, or hormonal imbalance.
- I will recommend personalised meals, supplement protocols, and targeted nutrigenomics based on your biochemistry—no guesswork.
- I'll help you buy back time and energy by managing the logistics, sourcing trusted brands, and explaining everything clearly.
- You'll get a clear roadmap to reverse symptoms, prevent chronic illness, and feel empowered to stay healthy for life.
- Let me take care of the complexity—so you can focus on feeling like yourself again.

WHAT WILL YOU GET ?

12 MONTHS

FUNCTIONAL MEDICINE HOLISTIC SUPPORT

- 1x comprehensive initial analysis, including 90 minutes of consultation
- 12x45 minutes private follow-up sessions
- 12 months of access to all HAPPY HORMONES weekly group sessions (2 x 30 minutes of **LIVE Q&A** group sessions and 1 x 30 min **hormone yoga therapy** online practice)

- 1 year of **access to ALL ONLINE self-paced COURSES:**

- **EAT CLEAN, GET LEAN**
- **MEAL PLANS & Functional Medicine protocols**
- **HORMONE YOGA THERAPY**
- **BODY & MIND Detox**
- **SCIENCE OF THE WEIGHT LOSS & INTERMITTENT FASTING**
- **UNLOCK THE SECRETS OF ANTI-AGEING**
- **VISION BOARD & mindset tools**

GET INSPIRED with "self-paced" modules including:

- Workbooks
- Action plans
- Cookbooks
- Swipe files
- Templates
- Video recipes
- Exercise videos



THE VALUE FOR YOU

TOTAL VALUE: 15,460 CHF

12 MONTHS

This isn't just a programme. It's 12 months of high-level concierge-style health transformation with the best functional medicine practitioner and nutritionist.

OPTION #1

PAY IN FULL 3,997 CHF and get:

- **Personalised 90-day supplement package** (value 300 CHF)
- Assistance with ordering your **lab tests using my insider discount** (up to 33% off on test kits)

You pay for your own tests, but I ensure you only order what you truly need and get the best deal possible.

OPTION # 2

PAYMENT PLAN 3 x 1,333 CHF

- No extra fees
- No supplements or test discounts included

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.

