

FUNCTIONAL MEDICINE CONCIERGE 360°

WHO IS THIS FOR?

- Have you noticed any subtle yet concerning changes in your hormones, **energy, weight, mood, or performance?**
- Have you tried magnesium, iron, B12, and adaptogens, and you still need coffee just to function?
- **Are you eating the same food**, training the same way, and your jeans still get tighter every month?
- Are you ready to stop figuring this out alone and have one expert walk it with you?



WHAT'S IN IT FOR YOU?

Based on the comprehensive analysis, I recommend the most relevant functional medicine tests (blood, stool, DNA, hormone panels) and advise you and support you with the ordering process.**

** The cost of advanced functional medicine testing is not included in the package fee and is self-funded. Standard health insurance usually does not cover these tests.

- I **analyse and interpret** your results in depth, uncovering the root causes of fatigue, inflammation, gut issues, or hormonal imbalance.
- I recommend **personalised meals, supplement protocols, and targeted nutrigenomics** based on your biochemistry and lifestyle.
- I help you reclaim **time and energy** by managing logistics, sourcing trusted brands, ordering and delivering to your doorsteps.
- You receive a clear roadmap to reverse symptoms, protect your long-term health, and feel confident maintaining results.
- I **take care of the complexity so you can focus on feeling like yourself again.**

WHAT WILL YOU GET ?

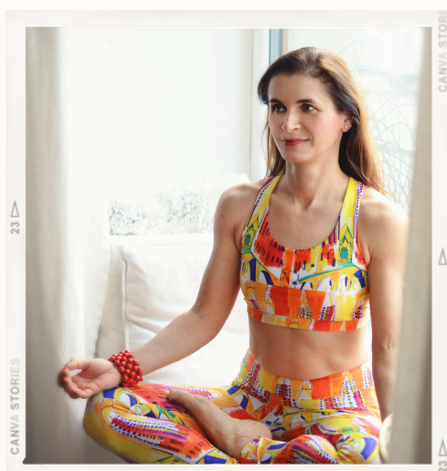
THE PREMIUM SERVICE YOU'VE BEEN LOOKING FOR

- 1 x **comprehensive analysis, including 10 hours of preparation, 90-minute consultation & written summary report**
- 6 x 45-minute **private follow-up sessions**
- 6 x 15-minute **URGENT** private ZOOM sessions or email
- 6 months of access to weekly **LIVE Q&A office hours**

- **6 months of access to **ONLINE self-paced COURSES:**
 - **EAT CLEAN, GET LEAN**
 - **MEAL PLANS & FUNCTIONAL MEDICINE PROTOCOLS**
 - **SCIENCE OF WEIGHT LOSS & INTERMITTENT FASTING**
 - **HORMONE YOGA THERAPY** with weekly sessions
 - **BODY & MIND DETOX**
 - **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





REAL VALUE. REAL RESULTS. BECAUSE GUESSWORK IS EXPENSIVE.

Pay in full: 2,997 CHF (including VAT 8,1%)

What you get:

- The full programme, plus your supplement protocol, delivered to your home (worth 300 CHF)
- The Eat Clean Get Lean course (worth 597 CHF)
- The Hormone Yoga Therapy course (worth 597 CHF).

****Bonuses worth 1,494 CHF**

Pay in 6 instalments of 555 CHF

Total investment: 3,330 CHF (including VAT 8,1%)

The split payment plan covers only the private sessions. **There are no bonuses included.

YOUR INSURANCE REIMBURSEMENT

I am registered with Swiss complementary health insurance as a nutritional therapist and a Hatha yoga therapist.

When you pay in full, you can submit up to 2,487 CHF in invoices: 1,890 CHF for sessions and 597 CHF for participation in Hormone Yoga Therapy.

Reimbursement varies by policy, so please check with your own provider before you start. Functional medicine tests are paid to the lab directly and are not reimbursed.

WHAT YOU WALK AWAY WITH

A clear answer to what has been wrong. A plan built around your real biology. Your time and your energy back, because someone else carried the complexity.