

RENEWED HEALTH

ONE-ON-ONE COUNSELING PROGRAM



A Happy and Healthy You!

This 5 month program includes the following:

One 90 minute kick start session

We will do an in-depth analysis of your current health status and review the recommendations.

Three 60 minute follow up sessions

This time is dedicated to you to continue developing next steps to reach your target goals and stay motivated.

Two laboratory testing and two 30 minute reviews of results

With these results, you can rest assured that you will be receiving nutrition recommendations that are 100% personalized to you. This is an objective way to measure your success throughout the program.

Custom-made supplement list

There won't be a need to waste money on unnecessary supplements any longer.

Direct email access

You can reach out with questions, clarifications, and feedback at any time.