

RENEWED HEALTH

ONE-ON-ONE COUNSELING PROGRAM



A Happy and Healthy You!

This 3-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. This visit includes a personalized nutrition protocol that consists of a grocery list, serving sizes, one day sample menu, custom supplement list, and examples of quality products.

Three 45-minute follow up sessions

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

One comprehensive laboratory test

We take a look at what is going on physiologically.

Weekly check-ins

You will receive weekly text messages and can reach out anytime with questions, clarifications, or feedback.