

Tired of trying diets and workout programs that work for your friends, but not for you?

HEALTH & WELLNESS COACHING PROGRAM

We eliminate the guessing by using your individual DNA to find the perfect diet, lifestyle habits, and exercise plan for YOUR BODY. We then take the time to teach you how to implement your results into your life to provide long-lasting results and success.



FEATURES WE PROVIDE

1. AGS Genetic Testing - We use the services of AGS as they not only provide the most accurate results, but they keep your information safe.
2. Nutrition - Not only do we teach you about macronutrients, but we explain the effects they have on your body then use your unique genetic profile to create the optimum nutrition plan for your body and your lifestyle.
3. Physical Health - We have the team in place to help you recover from acute or chronic injuries.
4. Fitness Goals - Your unique Genetic Profile will also provide the most effective way to workout for your body.
5. Chemicals - We'll teach you to not only recognize the toxic elements in your environment and how they're affecting your health, but we'll show you ways to eliminate them from your food and the products you use on a daily basis.
6. Recipes - Whether you love to cook or prefer to eat out, we'll work with you to develop new recipes and habits to correspond with the ideal macronutrient ratios of your genetic test results.
7. Micronutrient Testing - While your genetic test will provide information on your body's ability to absorb nutrients, the only way to check your actual micronutrient levels is through our Micronutrient test.
8. Supplementation - We not only review your micronutrient results, but also provide guidance to achieve your optimum levels and access to the highest quality supplements.
9. Lifestyle Changes - Whether you'd like to learn about apps to assist in your health efforts, or determine the best way to deal with stress, we have you covered.
10. Accountability - We'll help you reach your goals and keep you accountable.

PERSONAL BENEFITS

How much of your life has been spent wondering if you're doing the right diet or workout routine for your body? Imagine how relaxed and confident you would be in your daily routine if you KNEW without hesitation you were doing the right diet for YOU?

Having your Genetic Owner's Manual will provide valuable information about your personal biology and will empower you to:

- ✓ Painlessly reach your ultimate fitness, nutrition, and health goals.
- ✓ Have certainty in the blueprints of your body. You'll know exactly what works and what doesn't.
- ✓ Know if your supplements are working for you or not.
- ✓ Reclaim your health
- ✓ Let's face it. When you eat right, feel good, and know you're living to your full potential, you feel incredible! You're happy, you're healthy, you feel sexy, and you're confident.
- ✓ Do you really need another reason?



FROM START TO FINISH, WE PROVIDE THE TOOLS FOR YOU TO LIVE THE HEALTHIEST LIFE POSSIBLE.

FULL OPTIMIZATION PROGRAM

Includes:

- ✓ 6 month face-to-face or online health counseling (Includes all features listed)
- ✓ AGS Genetic Profile Testing
- ✓ Two (2) - SpectraCell Micronutrient Tests One upon initial payment and another after 6 months
- ✓ Nutraceuticals - Wholesale +10%

ADDITIONAL SERVICES & TESTING OPTIONS

Services:

- ✓ Chiropractic Adjustments
- ✓ Deep Tissue Therapy
- ✓ Telehealth Consultations
- ✓ Dry Needling
- ✓ Acupuncture

Tests:

- ✓ Intestinal Antigenic Permeability
- ✓ Gluten-Associated Cross-Reactive Foods
- ✓ Multiple Autoimmune Reactivity
- ✓ Diabetes Autoimmune Reactivity
- ✓ Neurological Autoimmune Reactivity



“Dr. Kaufman and I had a conversation about Crohn’s Disease and how my symptoms had been flaring. After an in-depth discussion, he asked if I had tried a gluten free diet. He explained how simple it was to test it out, so I gave it a try. He also discussed how Micronutrient testing might benefit me, and I decided to have it done. A year later, I am still gluten free, I am incorporating the nutrients in which I showed a deficiency, and my symptoms have steadily decreased. My energy level is higher, and I am able to keep up with the activities I love.

I have the utmost confidence in his abilities. He is professional, he respects your time, appointments are quick and meaningful, and he is extremely knowledgeable about how to heal the body. I am grateful to have found such a wonderful doctor who has helped me immensely!”

- Lori Danko - Sarasota, FL



YOU DON'T HAVE TO BE A PRO TO BE TREATED LIKE ONE!

Schedule online:
SarasotaSportsMed.com
Or call: 941.927.0546

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