

Lumen[®] Hack your metabolism.

Lumen is a scientific, holistic and realistic strategy that supports weight management.

One Breath, Unlimited Insight.

Lumen is the world's first hand-held, scientifically-validated device to accurately measure metabolism through the breath, in less than one minute.

Personalized Nutrition Planning.

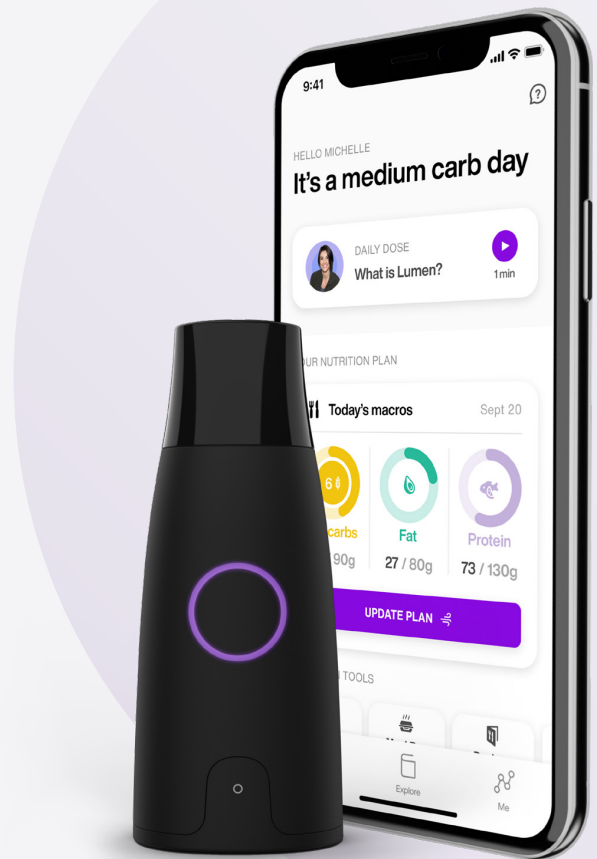
Take the guesswork out of your nutrition. Lumen provides daily macros and meal suggestions to help you reach your goal.

Better Habits: Finally Achieved!

Monitor & improve metabolic health as Lumen tracks your sleep, nutrition and fitness data. Make sense of how your lifestyle routine impacts your metabolism and implement better habits based on real-time feedback.

Support and Expert Guidance.

Reach your goal with the help of your practitioner. With your consent, Lumen's data is shared directly with your practitioner. Allow true expert guidance to lead your wellness experience and assist you in understanding your unique metabolism.



See if your body is using fat or carbs for fuel.

Lumen is a device & app that measures metabolism through your breath, allowing you and your practitioner to maximize weight management success.

Sign up with your N of 1 Wellness today!



Lose
Weight



Control Your
Metabolism



Personalize
Health



SAVE \$100