

Pricing

3-MONTH WELLNESS PLAN

The 3-Month Wellness Plan is your gateway to better health and a more fulfilling, happy life. For 90 days, you will work on restoring your body's innate healing abilities through Diet, Rest, Exercise, Stress Management, and Supplementation.

The all-inclusive plan details:

Initial Consultation
Results & Recommendations Session
Six 1:1 Coaching Sessions (30 minutes each)
Metabolic Typing Analysis
Personalized 90-Day Protocol

Includes all 5 Foundational Labs
Stress & Hormone Profile
Metabolic Wellness Profile
Mucosal Barrier Assessment
Gastrointestinal Mapping (GI Map)
MRT Food Sensitivities Test

\$3,795



ADDITIONAL LABS NOT INCLUDED. SUPPLEMENTS NOT INCLUDED. PAYMENT OPTIONS ARE AVAILABLE.