



## 75 MINUTES INTENSIVE DIET, SLEEP & LIFESTYLE CONSULTATION

by Neelam Daswani

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IIN Certified, Bio Individual Health Coach

Over the session, we will review your food and health history questionnaire that I will ask you to complete prior.

You will receive valuable insights into progressing your health goals, including your current food intake and lifestyle. I will suggest some areas to focus and prioritise to be your best self in order to maximise your energy, improve your sleep and overall health.

As each client's needs are bio-individual, we will review your 1/3/6 month goals and develop a personalised plan to kick start your progress.

Areas we may cover are:

- Adequate **protein** intake
- Understanding hidden **sugars**
- The inclusion and importance of **healthy fats**
- Review of **supplements**
- Quality of **sleep**

### Details

- 60 min call via ZOOM or in-person
- 15 min ZOOM follow-up call (1-week post)

WhatsApp Neelam @ 9126 5052 for an appointment