



Thriveology+

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INTRODUCTION HERE](#)

Your 4-month roadmap to a healthier, more vibrant you.

Increase your frequency and vibration physically, mentally, emotionally, and spiritually. We will address everything that could be causing blocks or holding you back. By the end of 4 months, you will notice a difference in your vitality.

What You'll Gain & How You Will Thrive :

- **Root Cause Discovery:** Identify the underlying causes of your symptoms.
- **Toxin Removal:** Learn effective ways to eliminate toxins—physical, mental, emotional, environmental, and social.
- **Manifestation Techniques:** Master six steps to manifest a healthy, thriving body full of vitality.
- **Frequency Healing:** Experience healing while you sleep.



Are you ready to now take control of your health?

Option 1: Delta Package

Includes:

DNA Health assessment x1

Thriveology + 4-month program
with weekly calls

Option 2: Theta Package

Includes:

DNA Health assessment x2

Thriveology + 4-month program
with weekly calls

Rife machine

Option 3: Gamma Package

Includes:

DNA Health assessment x3


Thriveology + 4-month program
with weekly calls

Thrive with Vitality membership
for 1 year

Rife machine

Private 1-1 Coaching sessions x 3

VITALITY COACH
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REMOVE TOXINS, INCREASE FREQUENCY

1

Cleanse & Clarity

- Remove physical, mental, emotional, and energetic toxins that block your vitality.
- Experience clarity of thought, energy, and purpose.
- Allow your body to heal deeply at a cellular level.

2

Align & Activate

- Realign your body's natural rhythms.
- Activate higher wellness
- Syncing your circadian rhythms.
- Learn about gut health, and brain-heart connection.
- Elevate your cellular vibration for greater flow, balance, energy, and resilience

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4

Empower & Elevate

- Embody your elevated self and live with empowerment.
- Consciously choose foods, habits, and relationships that support your highest state,
- Elevate your energy through daily practices and emotional mastery.
- Abundance is yours to shine and thrive.

3

Intuition & Integrate

- Strengthen your inner wisdom and consciously shape your future.
- Sharpen your intuition through detoxification and deeper heart-brain coherence.
- Aligning your thoughts, emotions, and actions towards your goals.
- Access your higher frequency for greater opportunities in every area of your life.

YOU CAN HEAL YOU

