



Nutrition and Fitness Elite Program – Program Valued at \$1,068 (Appt. & Assessments Costs)

\$110 OFF when you prepay for the Nutrition and Fitness Elite Program (\$958)

**Supplement Prices Not Included*

1. Initial Appointment (2.5 hours, \$434)
 - a. Assessments: Bio-Impedance Analysis (BIA), Blood Pressure (BP), Ragland's Adrenal, Body Systems, and Functional Blood
 - b. Personalized supplement recommendations
 - c. Personalized Menu Planning with Certified Lifestyle Educator
 - d. Functional Movement Screen (FMS), Individual Fitness Program
2. Biological Terrain Analysis (BTA) (Week 3, 45 minutes \$201.50)
 - a. Assessments: BIA, BP, Ragland's Adrenal
 - b. BTA: Urine Analysis, pH Test, Zinc Test, Iodine Test
 - c. Update/simplify supplement chart, review menu plan
3. Comprehensive Blood Evaluation (Week 6, 45 minutes \$147.50)
 - a. Assessments: BIA, BP, Ragland's Adrenal
 - b. Update/simplify supplement chart, review menu plan
4. Functional Movement Screen and Fitness Program Evaluation (Week 9, 1 hour \$95)
 - a. Assessments: BIA, FMS
 - b. Review menu plan, supplement chart and fitness program
5. Initial Colon Hydrotherapy Session (Week 10, 1 hour for \$115)
 - a. Includes a \$40 prescription that is filled in office.
6. Maintenance Appointment (Week 12, 30 minutes \$75)
 - a. Assessments: BIA, BP, Ragland's Adrenal, and Functional Blood
 - b. Update/simplify supplement chart, review menu plan
 - c. When program goals are achieved
 - i. Set maintenance appointment 2 months out
 - d. If program goals not achieved
 - i. Return to Step 2

Includes: 17 in office assessments, 3 Menu Plan evaluations, 1 Colon hydrotherapy session, 1 Fitness training session, and supplement chart updates.

Nutrition and Health Center
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