



**Nutrition and Fitness Elite Program** – Program Valued at \$962 (Appt. and Assessments Costs)  
**\$100 OFF** when you prepay for the Nutrition and Fitness Elite Program (\$862)  
\*Supplement Prices Not Included

1. Initial Appointment (2.5 hours, \$399)
  - 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 \$169)
  - 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. Laboratory Blood Evaluation (Week 6, 45 minutes \$119)
  - 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, 1.5 hours \$100)
  - 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 \$60)
  - 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**  
**12804 Willow Centre Dr Ste A**  
**Houston, TX 77066**  
**281-440-0024**