

Want to get to the root cause of your illness and not just manage symptoms?

When it comes to health, nutrition and exercise programs... **'one size' does not 'fit all'**.

Best outcomes happen when patients are able to partner with clinicians, who have the relevant professional training and clinical experience, to create truly personalized, participative, holistic healing programs.

Personalized programs are more effective because they treat the whole person and address the root causes behind the symptoms of health conditions.



If you would like to fast track your health goals using a personalized program we can help!

Our clinic's practitioners have the professional training, the testing tools and the clinical experience, to offer you your own customized healing program.

Our clinicians are also licensed suppliers of a revolutionary new cloud based technology, which allows us to create customized digital programs for our patients, within an online health hub.

If you would like to learn more about how we can customize a personalized online health program for you, please call our clinic or ask at reception.

To develop an individualized program, a clinician may select, sequence and integrate health treatments, according to an individual's DNA and epigenetics, nutrient imbalances, hormonal imbalances, impaired detoxification pathways, food allergies or intolerances, increased gut permeability, insulin resistance, stress levels, age, gender, etc.

The benefits of an individualized health program from our clinic includes:

- A personalized nutrition program where your recipes, meal plans, approved ingredients and shopping lists are never standardized. Everything is pre-filtered by your clinician according to your test results and specific health goals and needs.
- A comprehensive range of health support tools and resources, to save you time and money and help you to fast track your healing program.
- 24/7 mobile access, to a personal health hub profile through your smart phone, iPad or PC.

We develop an individualized program based on your unique body composition, chemistry, disease state and stage.

We create a step-by-step roadmap for your health recovery.

At each stage of your healing journey we supply you with the tools and resources you will need to undertake the next phase of your healing journey.

What makes our program so uniquely powerful?

For your convenience, we set your program up in an online health hub where we apply digital filters to sift a scientifically classified database of recipes, tools and resources - according to your unique needs. Filters may be applied according to your current nutrient deficiencies, allergens, intolerances, health conditions, dietary preferences and exercise needs and abilities.

As your healing progresses, we will adjust your program to include new foods, exercises or nutrient supplements.

Program transitions will be easier than ever to manage. In just a few clicks you will have access to everything you'll need to take you to the next level of health & wellbeing.