



## METABOLIC RESET

Transform your health with tailored coaching programs that optimize metabolism, support hormonal balance, and deliver lasting, measurable results.

### Basic

#### *Kickstart*

- 4-week plan
- 1:1 consult
- Basic assessment
- Personal meal plan with grocery list
- Limited chat support (Mon-Fri)
- Weekly check-ins for progress tracking via chat
- Exercise guidelines
- Metabolism boosting tips

฿ 12,900.-

### Silver

#### *Metabolic Reset*

- 8-week plan
- 1:1 consult
- In-depth health and lifestyle assessment
- Adaptive nutrition plan
- Extended chat & phone support (Mon-Sat)
- Weekly progress review via chat or phone call
- Lifestyle tips & maintenance strategies

฿ 19,900.-

### Gold

#### *Total Transformation*

- 12-week plan
- Advanced assessment & specific requirements
- Full strategy across all phases
- Full access including weekend support (Mon-Sun)
- Progress tracking tools
- VIP access to advanced resources

฿ 35,000.-

*\*\*These programs are designed to support your wellness goals. If you have a medical condition or take medication, please consult your healthcare provider before making dietary changes. \*\**



## WELLNESS & HEALTH CARE

Targeted nutrition and wellness coaching tailored to reduce fatigue, enhance recovery, and restore harmony between metabolism, hormones, and daily performance.

### Basic

#### *Health Reset*

- 4-6 weeks
- High blood sugar, fatigue, digestive discomfort
- Identify triggers that cause energy dips, bloating, or sugar spikes
- Implement anti-inflammatory meal framework
- Personalized starter plan with symptom tracking

฿ 14,900.-

### Silver

#### *Hormonal Reset*

- 8-10 weeks
- Mild metabolic or hormonal imbalance issues
- Nutrition plan tailored to hormone imbalances
- Lab data integration to refine nutrient and lifestyle strategies
- Guidance on energy stabilization, stress, and sleep recovery

฿ 22,900.-

### Gold

#### *Concierge Wellness*

- 12-16 weeks
- Full-scope health and lifestyle mapping with ongoing monitoring
- Concierge-level support (7-day access) for tailored meal and supplement guidance
- Focus on cholesterol, hormonal balance, digestive repair, or post-surgery recovery

฿ 36,900.-

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