

Trusted Advisor Program (Included in your membership!)

The **Trusted Advisor** program is designed to offer members a personalized, in-depth support system on their wellness journey. Additional benefits include weekly wellness videos, community events, and top-tier personalized supplements via FullScript!

Direct Practitioner Access: Maintain direct access to a skilled practitioner, allowing you to clarify doubts, seek guidance, and gain insights at any point during your wellness journey. This unique feature ensures you're always supported by expertise and experience.

Monthly Health Strategy Consultations: A consistent touchpoint for tracking progress, setting new milestones, and refining your health strategy. These half-hour sessions are dedicated to ensuring that your health journey is not only on track but also evolving based on your changing needs and aspirations.

Quarterly Holistic Health Evaluations: Go deep into your health profile starting at your very first consultation with comprehensive evaluations every quarter! These reports, added to your free Monthly Health Strategy Consultations, allow for a detailed overview of your holistic health, highlighting areas of progress and pointing out avenues for further improvement.



Basic Discovery Program (Ages 16 and over)



The **Basic Discovery** program for ages 16 and over introduces participants to the foundational elements of their health, combining holistic evaluations, blood type insights, and epigenetic adaptations for a tailored wellness approach.

Blood Type: Discover the vital role of your blood type in health and nutrition! Utilize the *Blood Type Diet* app to tailor your food choices and optimize your health.

Epigenetics: Dive into the realm of epigenetics and how it affects your health and wellness! Receive a personalized eating and moving plan tailored to your epigenetic profile.

Testimonial from Nick in Kentucky, "Dr. Tim is an expert in all things health, fitness, nutrition, and wellness. I've been constantly impressed at how cutting edge his services are. He's always looking for ways to add more value to his clients."

Premium Discovery Program (Ages 16 and over)

The **Premium Discovery** program offers participants aged 16 and above a comprehensive view of their health. By intertwining genetic insights with foundational evaluations, the program ensures a deeply personalized health strategy.



Deep Insights from Basic Discovery: All foundational aspects of the Basic Discovery are included, ensuring a solid groundwork for deeper genetic insights.

- Blood Type for dietary optimization
- Epigenetics for tailored health adaptations

Genetics Summary: Gain deep insights into your genetic makeup using a simple salivary test! (Lab processing may take up to 8 weeks.) Understand how your genes can influence various aspects of your health and wellness. This empowers you to take preventive and proactive measures, tailor your lifestyle, and potentially mitigate risks associated with your genetic predispositions.

Early Discovery Program (Ages Newborn to 15)



The **Early Discovery** program is specifically tailored for the unique health needs of younger individuals. With genetic insights and expert consultations, it sets the stage for lifelong wellness and provides parents with tools for strategic nurturing!

Blood Type: Introduce young ones and their caregivers to the significance of blood types in health, paving the way for optimal nutrition and wellness!

Genetics Summary: Offer insights into your young ones' unique genetic makeup using a simple salivary test! (Lab processing may take up to 8 weeks.)

Health Strategy & Strategic Parenting Guide: Guide young individuals and their caregivers in their wellness journey, emphasizing genetic insights. Additionally, parents are empowered with the *Strategic Parenting Guide*, crafted using the *Genetics Summary* and other assessments.

Testimonial from Mom of 5 in Ohio,

"I now connect with my children in ways I never thought possible. Knowing which foods and toxins trigger reactions is priceless. Thank you for giving me my son back!"

Action Planning Program (Ages 18 and over)

The **Action Planning** program provides participants with tools to introspect, strategize, and celebrate their journey, enabling them to lead a life aligned with their core values and passions!

Clarity on Core Values and Personal Motivation: Gain a structured approach to identifying and understanding your core values, distilled from admiration of others and reflection on your strengths and areas for improvement. Craft a personal motivational statement that acts as a daily affirmation and guiding principle!



Understanding and Prioritizing Passions and Goals: With a focus on identifying the *What, Why, Who,* and *How* of your passions, the program aids you in recognizing the primary motivators behind your choices and actions. This clarity, coupled with the emphasis on goal prioritization, helps to align your daily tasks with overarching life objectives. As a result, you can make decisions in tune with your true desires and aspirations, leading to more fulfilling outcomes!

Recognition and Celebration of Achievements: Personal growth journeys can be long and challenging. Learn to emphasize the importance of recognizing milestones, no matter how small, and celebrating them! By doing so, you can maintain motivation, boost self-esteem, and build momentum. The reflection component further ensures that you learn from each step, adapting and growing with every milestone achieved. This process instills a sense of achievement and propels you forward with renewed energy and purpose!

Testimonial from Brenda in Ohio,



"It has explained reasons for so many things I already knew about myself. I have learned how to support my body best. I was wasting money on supplements that were either never going to help me or some that were actually harmful to my system. Discovering what foods are best for me has helped me feel so much better consistently. I think everyone needs to do this, there are things that I can take steps to prevent with the knowledge I now have."

Relationship Building Program (Ages 18 and over)



The **Relationship Building** program equips participants with insights and strategies to enhance self-awareness, clarify personal aspirations, and optimize communication, thereby fostering stronger, more genuine relationships in every facet of their lives!

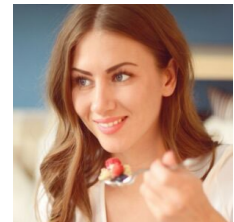
Understanding Communication Patterns: Master self-awareness by evaluating your personal communication habits, understanding how you relate with different people in your life, and assessing where improvements are needed. Begin to pinpoint patterns, inconsistencies, and adaptability in your communication.

Identifying Current Self and Goals: This section is crucial for self-identification, ensuring that goals and values are aligned with your personal desires and not externally influenced! Recognizing and articulating these helps in fostering genuine relationships and establishing a clear direction in life.

Strategies for Effective Communication & Goal Planning: Translate your self-awareness and goals into actionable plans! By diving deep into your identity, setting clear immediate goals, and devising strategies for clear communication, you can ensure you stay true to your intentions and foster more authentic relationships!

Testimonial from Shelly in Ohio,

"It has been such an eye-opening experience learning more about my specific Genotype. I have spent countless years chasing nutrition and health advice (often conflicting) and spending thousands of dollars on supplements trying to follow the latest trends. I now have the resources and tools that are unique to me. That alone has been a stress relief. I love that CW focuses on your entire health. It has been an amazing and life changing program."



Systems for Success Program (Ages 18 and over)

The **Systems for Success** program empowers participants to define success on their terms, implement effective daily habits, and foster holistic well-being, laying a strong foundation for sustained growth and achievement in all areas of life!

Clear Definition of Success: Establish a comprehensive understanding of success across different areas of life, including personal, home, tribal (social circle), and professional dimensions. By creating *Success Statements*, you can articulate what success looks like for you, creating a personalized roadmap for achievement that aligns with your core values!



Optimized Daily Routines & Goal Tracking: Through methods like *Daily Rhythms*, *Efficient Daily Bookends*, and *Pareto Effect* application, the program assists you in crafting a productive and meaningful daily routine. This structure is invaluable in ensuring consistent progress towards larger goals! Additionally, the emphasis on regular tracking and improvement systems ensures ongoing momentum and accountability in the pursuit of these goals.

Holistic Well-being Focus: Addressing eating, moving, and stress management habits, you can build a comprehensive approach to well-being! By continually reflecting, refining, and setting actionable steps for healthier habits, you can elevate your overall quality of life. This wellness focus ensures that you are not just pursuing goals but doing so in a manner that maintains your health and vitality!

Testimonial from Leslie in Ohio,



"I learned that regularly crafting and refining my success statements enabled deep introspection observing my emotions and reactions, leading to the authentic definitions of success that resonates with me. One pivotal revelation was my ability to manage stress by incorporating daily bookends, a strategy that equips me to better navigate the anticipated challenges of tomorrow."