

## ***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!"*