



Health and Performance coaching

Life can be perfect if you want it to be, every step you take every move you make there will be a price to pay, nothing comes free. You either love it or hate it; the choice is yours. Your health is your only wealth; lifestyle choices play a major part in your health and wellbeing.

Healthy body means healthy mind, healthy mind means healthy performance, and healthy performance means healthy results.

Major sports stars cannot perform at optimal level if their bodies have deficiencies in them, so in order to optimise their performance they must have balanced nutrients.

Our state of the art non intrusive bio resonance scanning device system does exactly that. It measures your deficiencies and pinpoints what is happening inside your body.

The analyses help us to generate a report so we can coach you to a quality of life that you dreamed of.

“TERM”

Taylor Made Programs are generated to support your health needs

T= Target what is happening inside your body using Bio Scans in-depth analyses.

E= Eliminate imbalances and deficiencies in systems and organs as per measure.

R= Remove toxins to rejuvenate your GI track and reframe your mind on poor habits.

M= Maximise your systems flow, minimise strain on vital organs to optimise your health.

Bio resonance cellular Health Analysis

This is a scientific test that is pain-free and quick to perform. A Cellular Health Analysis is used to identify the reasons for your, weight issues, poor sleep, little strength, stamina, low energy, joint pain back pain, poor concentration, HBP, diabetes, stroke, slow hair loss, and many more.

It targets deficiencies in your body and then a report is generated to establish how we can help you to make improvements in your health and to monitor progress towards better health.

It will tell you:

- whether or not you're water level is above or below level of expectation
- if you are carrying extra fluid which may be affecting your weight
- your body fat to muscle ratio and if it is in the healthy range
- how well your cells are making energy from the nutrients in your diet
- if you have inflammation which is affecting your cells & health
- nutritional deficiencies in minerals and vitamins
- your biological and chronological age
- likelihood of insulin resistance
- whether toxicity in your body is impacting on your health

This test is for everyone, as it provides an overview of your health, how well your body is functioning and where improvements can be made.

Various 'markers' are identified in the body, which allows the practitioner to determine an appropriate treatment protocol. Over time, as dietary and lifestyle improvements are made, changes can be noted in the mineral and vitamin deficiencies.

Some markers that are easily identified in by the measurements are:

- Inflammation
- Toxicity
- Poor circulation
- Lymphatic congestion
- Acidity
- Catarrh, mucous
- Chemical sensitivities
- Nerve depletion
- Poor absorption of nutrients
- Nutritional deficiencies

The aim of this test is to assist the patient to restore their health, energy and wellbeing to an optimal level so you perform your daily life's challenges in a productive mode.

Our aim is to turn you into "perfect you" by:

- Developing perfect habits that deliver perfect results.
- Increase motivation and concentration.
- Enhance specific qualities and capabilities.