
ADVANCED INTEGRATIVE HEALTH ALLIANCE

Wellness Packages

Health & Fitness Consultation

\$100

This service provides an expert evaluation of dietary needs to help you design a program to achieve your ideal body and health goals. This includes:

- *A full nutritional assessment based on medical history and individual health needs
- *Metabolic analysis test to determine your unique metabolic type
- *Personalized nutrition and lifestyle strategies to help you achieve your wellness goals

Cleanse, Detoxify, and Rejuvenate

\$295

This program is designed for those who want to get a fresh start by removing the metabolic wastes and toxins from their body that have been slowing them down. This program includes:

- *A full nutritional assessment based on medical history and individual health needs
- *A complete structured cleansing program designed to fit your unique wellness goals
- *Expert recommendations on supplemental practices to accelerate healing of chronic illness (i.e. obesity, heart disease, diabetes, etc)

Nutritional Healing For Chronic Disease

\$295

This program is designed to reverse the pains and symptoms of chronic degenerative illness. Genetic research has shown that the food you eat can either activate a disease or it can equally shut it off. With this new understanding, it's critical that you have a nutrition plan designed to help you reach a disease free life. This service includes:

ADVANCED INTEGRATIVE HEALTH ALLIANCE

- *A full nutritional assessment based on medical history and individual health needs
- *One-on-one counseling to teach you the the most effective strategies for naturally reversing your illness
- *Customized nutrition plan designed to help you achieve optimal wellness
- *Disease prevention programs to ensure that your illness does not return after successful treatment.

Health & Fitness Lifestyle Design

\$295

This program goes above and beyond to provide you with the tools and strategies you need to transform your body and your health. This program includes:

- *A full nutritional assessment based on medical history and individual health needs
- *Metabolic analysis test to determine your unique metabolic type
- *A copy of *The Key to Quantum Health* which is filled with hundreds of pages of cutting-edge health and fitness information
- *A customized nutrition plan including a body specific food chart, weekly menu, and advanced techniques to help you achieve your goals faster

Advanced Weight Loss & Wellness

\$495

This is an advanced program **ONLY** for individuals who need to lose 50 pounds or more. This is designed to effectively target the reduction of visceral and subcutaneous fat for maximum weight loss. This program includes:

- *A full nutritional assessment based on medical history and individual health needs
- *Customized nutrition plan designed to help you safely achieve maximum weight loss
- *A copy of the body transformation book *The Fat Loss Code*
- *Advanced Fat Burning Supplements Pack

ADVANCED INTEGRATIVE HEALTH ALLIANCE

21 Day Raw Food Makeover

\$495

Raw food nutrition is quickly sweeping the nation as the most powerful way to eat to increase your energy levels and get your body in amazing shape. We have a team of nutrition experts that have a combined 15 years experience in Raw Food Nutrition to teach you about the common pitfalls in the raw food diet, and give you the real tools to have a successful raw food makeover. Features include:

*Attendance at a live Raw Food Preparation Class with a Certified Raw Food Chef

*A complete 21-day raw food nutrition program designed to fit your lifestyle

*A copy of *The Key to Quantum Health* which is loaded with specially designed raw food recipes

*Weekly supported to help you answer any questions and provide important tips to make your experience even more effective

Cleanse, Detoxify, & Rejuvenate (Platinum Package)

\$595

The most common mistake in a detoxification program is not having the body specific nutrition program to transition to after your cleanse is complete. This program provides:

*A full nutritional assessment based on medical history and individual health needs

*A customized nutrition plan designed to help you transition to a healthy lifestyle after your cleanse

*A complete structured cleansing program designed to fit your unique wellness goals

*An Ultimate Wellness Supplements Pack

*Expert recommendations on supplemental practices to accelerate healing of chronic illness (i.e. obesity, heart disease, diabetes, etc)

*Four weeks of support to ensure that you're following the program properly and achieving maximum results

ADVANCED INTEGRATIVE HEALTH ALLIANCE

Premium Personal Health Coaching

\$995

This program is for the elite individuals who have the lifestyle that provides them the opportunity to have an expert nutritionist as their health and fitness coach. This program features:

- *An in-depth customized nutrition plan designed to fit your health and body goals,
- *A premium supplement package based on your unique needs to accelerate your progress
- *Shopping with the Nutritionist
- *Copies of *The Fat Loss Code*, *The Key to Quantum Health*, and free access to *Model Membership Site*
- *One-on-one weekly coaching calls
- *Continuous email and phone support

-This program is only attainable for a minimum commitment of 6 months and based on availability.

ADVANCED INTEGRATIVE HEALTH ALLIANCE

Fitness & Wellness Packages

Total Body Makeover (Silver Package)

\$395

Whether it's weight loss, getting rid of unwanted fat, or losing those unwanted inches, this program provides a cutting-edge exercise program and a body-specific nutrition strategy to help you reach your goal. This program includes:

- *A one-on-one training session with an expert trainer to design a specific plan for you to achieve your goals
- *A full nutritional assessment based on medical history and individual health needs
- *Metabolic analysis test to determine your unique metabolic type
- *Personalized nutrition plan to help you achieve your fitness goals

Total Body Makeover (Gold Package)

\$595

This program is the gold standard in training and nutrition. You'll be continuously supported by your trainer every week, providing you with the most effective exercise programs to help you reach your goals faster. This program includes:

- *One-on-one personal training with an expert trainer two times per week for one full month
- *A full nutritional assessment based on medical history and individual health needs
- *Metabolic analysis test to determine your unique metabolic type
- *Personalized nutrition plan to help you achieve your fitness goals
- *A copy of the body transformation book ***The Fat Loss Code***

-This program is only attainable for a minimum commitment of 3 months and based on availability.

ADVANCED INTEGRATIVE HEALTH ALLIANCE

Total Body Makeover (Platinum Package)

\$875

This is the most comprehensive program available for transforming your body. You'll be able to work with your trainer one-on-one every week and be supported every step of the way with expert nutrition advice to help you continuously break through plateaus. This program includes:

- *One-on-one personal training with an expert trainer three times per week for one full month
- *A full nutritional assessment based on medical history and individual health needs
- *Metabolic analysis test to determine your unique metabolic type
- *Personalized nutrition plan to help you achieve your fitness goals
- *A copy of both *The Fat Loss Code* and *The Key to Quantum Health*
- *Advanced Fat Burning Supplements Pack

-This program is only attainable for a minimum commitment of 3 months and based on availability.