



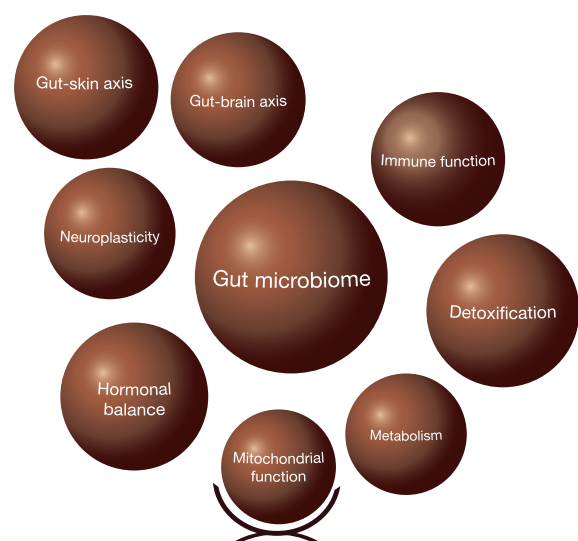
Bio-Alai Personalised Nutrition Plans

HEALTH OPTIMISATION SIMPLIFIED

Food as medicine.

Nutrients are therapeutics that interact with our microbiome and epigenome to influence our health but it's not as simple as just changing your diet. Research is finding that everyone is different in their response to nutritional interventions which is why nutrition needs to be personalised.

Bio-Alai personalised nutritional plans are tailored to the individuals unique physiology, to address the underlying drivers of ageing and aesthetics presentations.



A Bio-Alai Personalised Nutrition Plan is for those who:

- Feel like they need a reset and are ready to address health at its foundations.
- Have a passion for understanding how their body works and how they can best support it
- Are no longer interested in fads.
- Are struggling with resistant fat and nothing has helped.
- Experience fatigue, brain fog, mood swings, insomnia, food intolerances, fluid retention and many other common symptoms.
- Are struggling with skin symptoms like rapid skin ageing, rashes, acne and rosacea.
- Want to address general and aesthetic symptoms of peri-menopause and menopause or want to optimise health before the transition begins.
- Want to improve their quality of life and feel better at every stage of life.

WHAT'S INCLUDED

A COMPREHENSIVE PLAN with detailed information on the therapeutic benefits of food, extensive food lists, meal plans and timing as well as instructions on how to safely cycle through different therapeutic dietary techniques. Recommendations are made based on age, patterns of inflammatory, hormonal and metabolic symptoms, as well as weight management and aesthetic goals.



VIDEO GUIDANCE

- ✓ Why we get sick and what we can do about it
- ✓ Preparation Stage - how to best prepare your body for a diet and lifestyle change and why it's essential.
- ✓ Therapeutic Stage - what foods and dietary techniques are therapeutic for you and how to incorporate them.
- ✓ Maintenance Stage - how to identify food and carbohydrate tolerance and create a sustainable plan that fosters intuitive eating and self care.
- ✓ Bio-hacking, bio-tracking- for when you need more

OTHER INCLUSIONS

Lifestyle and Mindset essentials
Healthy recipes
Clean eating, clean living guide
Shopping List
Exercise plan
Health resources
One year membership
Invitations to monthly webinars

Streamlined on-line
No consultations, tests or reviews
Ask about your discount code

Scan for more information or for your
Bio-Alai Personalised Nutrition Plan
Use the discount code at checkout

