

Menu of Programs



Introduction to Services





welcome

A nutrition and health coach is the most powerful force for positive change that exists today!



Life Wellness Labs coaching and scientific-based programs are designed to empower you to take back your own health and get to the root cause to lose weight, prevent or manage diabetes, improve your diet, have a clearer mind, have more energy, manage stress, and in general, feel good.

You will receive personalized education, motivation, navigation, and support to reach your health goals. The ultimate goal is to help you build self-reliance to successfully adopt self-directed healthy behaviors, and knowledge that will be sustainable beyond the coaching relationship.

WHAT YOU WILL LEARN

EDUCATIONAL OUTCOME

We offer education on how one's diet affects his/her own blood chemistry and how that translates to more energy, less weight, brain clarity, a better mood, and a general sense of well-being.

With chronic disease on the rise, and in the face of our modern-day health culture, it is critical to educate one another on how to become and stay metabolically healthy long term.



WHEN OUR IMMUNE SYSTEM IS COMPROMISED

Metabolic dysfunction and chronic disease foster inflammatory states predominantly caused by our modern Diet (Standard American diet). When you're inflamed because you're overweight or have a chronic disease caused by metabolic dysfunction, this creates in your body an inflammatory response which are you are more susceptible to a virus (e.g. COVID-19)



KNOWLEDGE

There's a direct correlation between unhealthy blood sugar levels and inflammation. Insulin - the hormone that regulates our blood sugar. Managing and regulating blood sugar and insulin that matters most!



OPPORTUNITY

Through a science-guided roadmap, we will show you exactly how to reset and regulate your weight, hormones, mood, and energy levels. Learn to read and interpret and regulate your own blood glucose and ketone chemistry markers

WHAT YOU CAN EXPECT

01

PROGRAM STRATEGIES

We take you through a process to understand how diet variation and fasting shifts hormones, reboots metabolism and triggers your body's natural ability to start to burn fat for energy and heal systemically. The freedom of becoming fat-adapted or metabolically flexible is freeing. We teach diet variation as an ancient healing strategy because our ancestors were forced to vary their diet. They went into ketosis and involuntarily fasted during harsh winters. In the spring and summer months fresh produce was available and enjoyed in abundance.

CORE BUILDING PROGRAM

Fasting is a key tool in our programs and the benefits are extensive.

Fasting sets the stage for a number of healthy things to happen including stem cell regeneration. Cellular-based clean-up and rejuvenation is called Autophagy. The tools we provide help you to understand how the combination of fasting and being in ketosis allows you to utilize stored body fat which promotes healthy metabolism. Stem cells are amazing and cherished because they provide new cells for the body. They give rise to new cells to replace others that have been damaged or lost.

02

03

TESTING

Integrating glucose and ketone testing can help you improve outcomes by monitoring health data in real-time. If you want to know whether you are in ketosis or what level of glucose you are in, you need to test. Testing is the only way to really know. And while there are various methods of testing, blood ketone monitors, such as the Keto-Mojo meter, are considered the gold standard for determining where you are each day. Glucose testing is commonly conducted to help with diabetes management and it's also useful to know your ketones as it can reveal foods that spike your glucose and thus may adversely affect your health goals.

HEALTH COUNSELING & EDUCATION

Instead of treating symptoms, we focus on disease prevention, total body metabolic health, and getting to the root cause of the symptoms. Health coaches have a clear roadmap, offer support, and give you the education to improve your health to achieve sustainable success.

04

HEALTH PROGRAMS

21-Day Metabolic Reboot

- 6-live group zoom calls
- 1:1 custom support in a group environment
- Educational platform with handouts
- Easy to use tracking tools
- Recipe & reference guide

\$295

21-Day Metabolic Reboot Bundle

- Includes 6 reboots
- 1:1 custom support in a group environment
- Educational platform with handouts
- Easy to use tracking tools
- 4-Additional private check in's
- Recipe & reference guide

\$1,650
savings \$720

Custom Metabolic 3-Month Program

- 8-private 30 minute check-in's
- Includes 1- reboot
- Educational platform with handouts
- Learn the foundational ways to get the results you want
- Customization through a science based roadmap
- Easy to use tracking tools
- Recipe & reference guide

\$995

Pantry Makeover Package Add-On

- 2 hour in home visit
- Clean up pantry
- Create a shopping list with basics to have on hand
- Understand hidden toxins and hidden ingredients in our foods
- Recipe book
- Planning workbook

\$295*

+travel time

Grocery Store Tour Package Add-On

- 2 hour grocery shopping tour
- Label education
- Learn how to navigate the grocery store
- Recipe book
- Planning workbook
- Find healthy foods you love

\$295*

+travel time

Hourly Rate

- 1 hour \$150
- 30-minutes \$75
- Travel time \$50 per hour

*Sliding Scale Available - email melissa@lifewellnesslab.com



PAYMENT POLICIES

FULL PAYMENT



All Payments are to be paid in full before attending a program unless arrangements are made prior.

Cancellation policy

- Cancel at least 48 hours before a scheduled appointment.
- All Life Wellness Lab's programs and products are nonrefundable.
- If your cancellation is 48 hours in advance, you will receive credit for products or another program. There will be no cash refunds.
- There will be a fee of \$75 will be charged for a no-show or same-day cancellation.

If you have any questions about Life Wellness Lab's products please email before purchasing



COMMUNICATION & SERVICE

Our goal is to provide the best service, which means valuing your time and providing knowledge, support, and exceptional resources. We take things a step further to exceed your expectations.

01

CONTACT HOURS

Schedule a call during business hours. [HERE](#)

02

MODE OF CONTACT

After Hours Email: melissa@lifewellnesslab.com

03

RESPONSE TIME FRAME

24 hour (monday - friday). Limited responses over the weekend

Frequently Asked Questions

Question: What to expect when fasting?

Headaches are common the first few times you fast. Headaches are usually temporary and as you become accustomed to this variation and fasting protocol it will become much easier. In the mean time take some extra salt in the form of broth or mineral water. You can also add salt to your water. If you need to drink a cup of black coffee or black/green tea that might help. Even when your glycogen runs out (about 12-24 hours), we are still carrying vast amounts of energy in the form of fat, and during fasting/keto variation our body switches from burning sugar to burning fat. During this time period when you are adjusting to the change from burning sugar to burning fat you may notice a decrease in your energy, feel fatigue, temporary mental fog and headaches. It just may take some time to adjust. During this time period when you are adjusting to the change from burning sugar to burning fat you may notice a decrease in your energy. Keep doing what you are doing. When we fast over 17 hours will help with your immunity and will maximize your stem cell production. Stem cells will go to injured cells and repair them and will help replicate healthy cells.

Question: I'm not sure if I am fat adapted. How will I know?

Answer: If you are craving sugar then you are still burning glucose for fuel. The more fat adaptive you are the less cravings or hunger you will have. Your clothes will start to feel loose, have more mental clarity and have more energy.

Question: What do I do about cravings?

Answer: When we become fat adapted our hunger and cravings go away or lessen. Eating more healthy fats and being in Ketosis will help with your cravings. Our clients see a dramatic reduction in their cravings and hunger.

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Question: How do your programs work?

Answer: Basically to survive we were designed to feast and famine (hunter gather). What we have found is that diet variation (feast/famine cycling) is how you rekindle and fire up your fat-burning machine (rebooting your metabolism and balancing hormones and boosting your immune system). Diet variation/fasting is the natural solution for us to stay and maintain our health. In today's world, we have so many chronic conditions and illnesses, because of food companies selling us low fat highly processed foods that are filled with toxins...and so much more. Our bodies have such an intelligent innate way of healing ourselves and the best way to do this is through the way our body was designed, which means fasting at times and feasting, and getting into ketosis. We want to be metabolically flexible meaning we can pop in and out of ketosis and not have that suffer or affect our health. There are so many benefits to fasting and being in ketosis. When I discovered diet variation and fasting I saw such an immediate breakthrough. I know for those that struggle with their weight, hormone issues, and diabetes this is a breakthrough. For some with chronic issues, we might need to understand those conditions first. What we are trying to do is use up our glycogen in our liver and muscles so we can become a fat burner and trigger Autophagy and stem cell growth. Even when your glycogen runs out, we are still carrying vast amounts of energy in the form of fat, and during fasting/keto variation our body switches from burning sugar to burning fat. It just may take some time to get into ketosis.

CLIENT TESTIMONIALS



Shawna P.



I am currently doing the 21-day metabolic reboot for the second time. This program is great. It really works. I do not crave any sweets or bad food. I am down 15lbs.



Arante M.



I just completed my very first 21-day metabolic reboot. Wow, amazing results. I am down 6.5lbs and more importantly, I have so much energy, the pain in my hands is gone.



Margot M.



I am getting ready to start my 3rd reboot. The last time around I lost 15lbs and truly can not believe how much better I feel and look. My whole body has been reset. My blood sugar has been regulated and I now know

TOOLS & RESOURCES

LIFE WELLNESS LAB STORE



We are dedicated to helping you become your best self. We have curated pharmaceutical supplements of the highest quality. You will find high-quality, cutting edge supplements, weight loss support, natural beauty product, and other products that support your best life.

[STORE](#)

KETO MOJO



This bundle has everything you need for keto success, including our NEXT GENERATION GK+ blood glucose and ketone meter with Bluetooth integration, our 100+ page Keto-Mojo Keto Kickstart Guide: The Keto Diet for Beginners, and discounts on cool tools and food products to help you stay on track and savor the keto life!

[KETO MOJO](#)

ProLon



ProLonI comes with everything you need to mimic a 3-5 day water fast. This is an easy tool to get you into Autophagy and a mild state of ketosis. Each kit comes with five boxes, which are labeled by day so you know what to eat each day. Think of getting into a fasted state while eating.

[ProLon](#)

MEET OUR TEAM MEMBERS



Melissa McLane, Health & Nutrition Coach

Hi, I'm Melissa.

I understand what it's like to feel frustrated with the way you look and feel -
- I've been there!

In fact, when I was pregnant with my first child I was diagnosed with thyroid cancer. It was a low point in my life, yet I was determined to overcome my health challenges and live life to its fullest. After learning about functional medicine, I was able to heal my cancer, lose weight, and ultimately feel better. I learned so much about my body and how to take good care of myself and my health in the process!

Today, I am on a mission to help others live healthier lives. Our health is the foundation for our lives. If we have a good health foundation we can thrive in our life. I want you to thrive!

Since beginning the Life Wellness Lab, I have guided hundreds of clients through my program with life-changing results. I have well over 15 years of experience working in the healthcare field and specialize in metabolic health, hormone, and blood sugar dysregulation related to weight issues, energy, and mood.



Courtney Jonson, LAc, CGP Life Wellness Lab's Strategic Partner

FUNCTIONAL MEDICINE PRACTITIONER, CERTIFIED GAPS PRACTITIONER

Courtney Jonson, LAc. is a functional medicine practitioner, certified GAPS practitioner, and licensed acupuncturist in the state of California.

Her clinical interests have led her to advanced training in functional medicine and her practice focuses on correcting unhealthy weight management, digestive disturbances, metabolic and hormone disruption, the thyroid, the immune system, and the aging brain.

Resolving common underlying biological imbalances and promoting normal physiology is the cornerstone of her practice, offering a comprehensive and holistic approach to your health.

TERMS & CONDITIONS

Our intent is NOT to replace any relationship you have with or between you and your medical doctor or any other health care provider. Always seek advice from your doctor or professional health care provider regarding any questions or concerns you have about your health goals or situation including any medications you are currently taking.

We advise you to consult with your health care provider before implementing any suggestions from our coaching, website, email newsletter, services or products, including any supplementation or participating in any detox, fasting, elimination program, and lifestyle suggestions.

Do not disregard professional medical advice or delay in seeking professional advice because of what you have read or received from us. Do not stop taking any medications without speaking to your physical or professional health care provider

We aim to accurately and honestly represent the information provided on all our materials, including our service, products, and programs. You acknowledge you take full responsibility for your health, life and well-being and for all decision made by you now or in the future.