

# A PROACTIVE **Health** **Program**

IS IT TIME  
FOR YOUR  
EMPLOYEES  
TO REBOOT  
THEIR  
SYSTEM?

21-DAY METABOLIC REBOOT





# Did you know that “healthier employees are more productive (CDC)”?

If you’re looking to support your employee’s well-being **Life Wellness Lab** is here to guide your employees to be healthier.

With chronic disease on the rise, it is critical to treat. We all need to understand how to become and stay metabolically healthy.

I have developed and fine-tuned a therapeutic program coined the 21-Day Metabolic Reboot.

In just 21 days, through a science-based roadmap, I will guide your employees through a step-by-step process scientifically to reset and regulate their weight, hormones, mood, and energy levels.

After the reboot, you’ll walk away with the tools and knowledge you need to understand and take care of their body long-term.

## **Here's what people are saying about the 21 Day Metabolic Reboot:**

“I am currently doing the 21-day metabolic reboot for the second time. This program is great. It really works...I am down 15lbs.” - Shawna

“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.” - Arante 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...” - Margot M.

# ASK YOUR EMPLOYEES IF THIS IS THEM?

If your employees are...

- Feeling overweight and bloated
- Struggling with little to no energy
- Dealing with brain fog and mood swings
- Confused about what to do and how to get the results?

It is well known that poor health leads to poor performance, but worse, poor quality of life.

Our 21 Day Program is a bit different.

I 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.



## TAKE A LOOK AT THESE SHOCKING NUMBERS!!

- 70% of Adults are overweight - 38% of which are obese  
(Obesity has quadrupled in the past 30 years)
- 1 in 4 have one or more autoimmune disease
- The number of people diagnosed with depression increases by 20% each year
- "Alzheimer's Epidemic" - Since 2000, deaths from Alzheimer's increased by 89% (1 in 3 seniors die with Alzheimer's or another dementia)
- By 2050 - 1 in 3 will have diabetes (about 40% today are pre-diabetic)

# The 21 Day Reboot is the perfect wellness program for your employees.

- Live educational group zoom calls
- 1:1 custom support in a group environment
- Course educational platform with videos & handouts
- Supportive easy to use tools
- A program & reference guide with a lot of recipes



182 lbs



181 lbs



# MEET YOUR INSTRUCTOR



Hi, I'm Melissa and I'm passionate about giving you the tools you need to regain your health and to take back your life.

When you invest in your health, you'll not only see positive trends in your physical state, but in your emotional and mental state as well.

Since founding Life Wellness Lab in 2015, I have guided hundreds of clients through programs with life-changing results. I've had folks gain confidence, combat their depression, brain fog, and weight loss.

I am grateful to be of service and to significantly impact the lives of the people I work with. Together, we will work together to prevent and reverse many health problems including obesity, hormonal issues, mood swings, brain fog, energy and so much more.

If you're looking for a way to support your employee's wellbeing, look no further than my 21 Day Reboot. It's a powerful program packed with education and support.

Let's do this!

Melissa

## **Melissa's Training and Education background**

Certified Health and Wellness Coaching - HCI, L-Nutra Training - Fasting Mimicking Diet, Course Work; in Dietetics - SFSU, 200hr YTT - Elka Yoga, HIIT Hot Pilates Training - Hot Source Yoga, Course Work; BA in Psychology - Antioch University, Published 14-day Detox Cleanse - Amazon

# CONTACT

This IS the resource you've been looking for. Why not empower those in your community to master the science of their metabolism.

Chronic disease can be traced back to inflammation and the #1 cause of inflammation stems from poor meal composition.

Please feel free to reach Melissa directly at [melissa@lifewellnesslab.com](mailto:melissa@lifewellnesslab.com) or text/call 415-729-1501.

Learn more here: <https://www.lifewellnesslab.com>

