

# Menu of Services





Discover [Life Wellness Lab](#) programs that address the root cause of your symptoms

- ➔ Are you someone that can't seem to lose the unwanted fat around your waistline?
- ➔ Do you feel like you have brain fog? No energy?
- ➔ Do you feel you overeat for comfort?
- ➔ Have you tried everything and do not know what to do next as nothing seems to be working?

*Do you want to feel good in you body again? I know we can help you feel better & get back to having vibrant health.*



I want to help people who haven't found relief in the trendy, formulaic health solutions. people are in need of a caring, dedicated, and determined practitioner(s) to dig deep and go the distance with them.

Life Wellness Lab's mission is to be a part of a new healthcare paradigm, combining talents, and providing an educational platform with tools for people to take back their own health and learn about what works for their own bodies.

Conventional medicine recognizes a client's symptoms and usually offers a pharmaceutical prescription to alleviate or reduce them, but they rarely look at the root cause of their symptoms.

Expensive healthcare is a global crisis and we get less solution-based care every year. with I am on a mission to radically improve how healthcare is implemented. Education is delivered and remedies are advised.

In health we shine,

Melissa

# 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 better choices, more energy, less weight, brain clarity, and a better mood. Researchers found a direct statistical connection between a higher intake of processed food and a higher risk of early death. [LINK](#). 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.



## KNOWLEDGE

What we eat, and understanding how foods affect our health while managing and regulating blood sugar and insulin, is critical. There's a direct correlation between unhealthy blood sugar levels and inflammation.

## 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, cancer, diabetes, heart, and immune issues.



## 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, interpret and regulate your own blood glucose and ketone chemistry markers to your specific biology.

# WHAT YOU CAN EXPECT

01

## TESTING

1) Initial Screening - This blood test is effective and affordable as it reveals and screens for cardio, metabolic, thyroid, adrenal, inflammation, blood sugar imbalances, immune function, liver, and kidney function (included in the 3 or 6 month programs).

2) Throughout each program we integrate glucose and ketone testing, which can help you improve outcomes by monitoring health data in real-time, which is a gold standard for determining where you are each day.

**Testing is the only way to really know.**

## 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 naturally and 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.

02

03

## CORE BUILDING PROGRAM

Fasting is incorporated into 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.

## HEALTH COUNSELING & EDUCATION

Instead of treating symptoms, we focus on disease prevention, total body metabolic, digestive, and overall health, and getting to the root cause of the symptoms. We have a clear scientific and data-driven roadmap, along with compassionate support, and bridge the gap between what you are learning and how to apply this information to your life sustainably.

04

# HEALTH PROGRAMS

## DIY 21-Day Metabolic Reboot

- Educational platform Videos to do it yourself
- Easy to use tracking tools
- Recipe & reference guide
- Prepping and ideal shopping lists
- Educational videos
- What's next - 30 day workbook

**\$295**

## 21-Day Metabolic Reboot with Live Q&A

- 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

**\$495**

Custom Programs Available

\*Sliding Scale or Payment Plans Available - email [melissa@lifewellnesslab.com](mailto:melissa@lifewellnesslab.com)



# Refunds & Cancellations

## Refund Policy

Your purchase of coaching packages or sessions indicates your commitment to participate in the process and follow through to its conclusion. I have held nothing back in creating my programs for you. I want you to live a happier, more vibrant life so I'm giving you all the tools and support you need to start your path to a healthier lifestyle.

Because I want you to experience the amazing results possible in my programs, once the program materials have been sent out, you have 24 hours from the start date of any of my programs to check out all the materials. The Client may cancel an order within 24 hours of purchasing and request a refund. The refund will be issued, minus a 5% transaction fee. To cancel an order, send your request to [melissa@lifewellnesslab.com](mailto:melissa@lifewellnesslab.com) explaining why you weren't completely satisfied with the program and I will refund your purchase. I have created this policy so that we are both accountable for your success.

If you have any questions about the program, I want to make sure to answer them before you sign up. Please email me any questions at [melissa@lifewellnesslab.com](mailto:melissa@lifewellnesslab.com) or call me at 415-729-1501, so we can make sure this is a good fit for you. There will be no cash refunds.

## Cancellation policy

Once an appointment has been scheduled with the client they are set. However, if necessary, the client may request to reschedule a session, if they give at least 24 hours advance notice. Any missed sessions or canceled sessions with less than 24 hours advance notice will be forfeited. There will be a fee of \$75 will be charged for a no-show. There will be no cash refunds.

All Life Wellness Lab's programs and products are non-refundable.



# 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](mailto:melissa@lifewellnesslab.com)

## **03** RESPONSE TIME FRAME

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

# 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 services, products, and programs. You acknowledge that you take full responsibility for your health, life, and well-being and for all decision made by you now or in the future.