

NAVA Custom Vitality Plan

HEALTH & VITALITY CENTER

Goals

1. Improve athletic performance & recovery	5. Have less pain
2. Optimize your hormones	6. Have better digestive health
3. Feel better/ have more energy	7. Get better sleep
4. Have better mood, motivation and/or focus	8. Lose weight

Hormone Balance & Sexual Health

Healthy Weight & Digestion



Stress Management & Life Balance

Restorative Sleep

Inflammation Control

Recommended Treatments

Treatment	Addresses Goals	Supported by Personal Assessment	Related Lab Results	Treatment Details	Client Action Plan
Hormone Optimization Plan	•			<ul style="list-style-type: none"> Anastrozole - 0.5mg 2x/week Testosterone Pellets 	✓
Adrenal Recharge	•	•		<ul style="list-style-type: none"> Adrenal Support - one capsule 2x/day Micro-Nutrient Profile 	✓
Neurotransmitter Support	•	•		<ul style="list-style-type: none"> Brain Chemistry Testing Travacor - 1-2 capsules 1 hour before bed Adrenal Function Profile 	

Treatment	Addresses Goals	Supported by Personal Assessment	Related Lab Results	Treatment Details	Client Action Plan
Anxiety Support	•	•		<ul style="list-style-type: none"> Brain Chemistry Testing Adrenal Function Profile 	
Pain Control	•	•		<ul style="list-style-type: none"> Enhansa - 600mg capsule 1x/day (can increase to 4x/day) GI Repair & Cleanse 	✓
GI Reset: Digestive Efficiency	•	•		<ul style="list-style-type: none"> GI Repair & Cleanse Ultra Veggie Enzymes - 1 capsule 3x/day with meals 	
GI Reset: Food Sensitivity	•		F078-IgG Casein	<ul style="list-style-type: none"> GI Repair & Cleanse Food Sensitivity Profile 	
Sleep-Quality Restore	•	•		<ul style="list-style-type: none"> Brain Chemistry Testing Kavinace - 1-2 capsules before bed Adrenal Function Profile 	
Weight Management	•	•		<ul style="list-style-type: none"> Nava RX MIC/B-12 Injections Appetite Control - 2/3 dropper under tongue for 90 seconds and swallow Nava Select 	
Immunity Support		•		<ul style="list-style-type: none"> Enhansa - 600mg capsule 1x/day (can increase to 4x/day) Nava Select 	
Cardiometabolic Balance: Glucose		•		<ul style="list-style-type: none"> Glucose Support - 1 capsule with each meal Comprehensive Risk Profile 	
Cardiometabolic Balance: Cholesterol		•		<ul style="list-style-type: none"> Cholesterol Control - one capsule 2x/day CoEnzyme Q10 - 1x/day Comprehensive Risk Profile 	
Cardiometabolic Balance: Blood Pressure		•		<ul style="list-style-type: none"> Comprehensive Risk Profile 	
Overall Wellness		•		<ul style="list-style-type: none"> Nava Select 	
Sexual Vitality		•		<ul style="list-style-type: none"> P-Shot 	

Recommended Therapies

Treatment	AcuPoint Therapy	Acupuncture	Hyperbaric Oxygen Therapy	IV Micronutrient Therapy	Life Coaching	Massage Therapy	Nutrition Counseling
Adrenal Recharge	✓	✓		✓	✓	✓	✓
Neurotransmitter Support		•			•	•	
Anxiety Support					•		
GI Reset: Digestive Efficiency		•		•			
Sleep-Quality Restore		•	•		•	•	
Weight Management	•	•		•	•		•
Immunity Support	•			•			•
Cardiometabolic Balance: Glucose							•
Cardiometabolic Balance: Cholesterol							•
Cardiometabolic Balance: Blood Pressure		•				•	•

Integrative Therapy Schedule

	MODERATE (once per month)			ADVANCED (once per week)	
	Priority 1	Priority 2	Priority 3	Month 1	Month 2 & Forward
Hormone Optimization Plan	Acupuncture	Massage Therapy	Nutrition Counseling <i>if not feeling better with other therapies</i>	wk 1 Acupuncture wk 2 Acupuncture wk 3 Massage Therapy wk 4 Acupuncture	wk 1 Acupuncture wk 2 Acupuncture wk 3 Massage Therapy wk 4 Acupuncture Nutrition Counseling <i>if not feeling better with other therapies</i>

	MODERATE (once per month)			ADVANCED (once per week)	
	Priority 1	Priority 2	Priority 3	Month 1	Month 2 & Forward
Adrenal Recharge	IV Micronutrient Therapy	Acupuncture	Life Coaching Massage Therapy AcuPoint Therapy <i>if not feeling better with other therapies</i>	wk 1 IV Micronutrient Therapy wk 2 Acupuncture wk 3 Life Coaching wk 4 Massage Therapy	wk 1 IV Micronutrient Therapy wk 2 Acupuncture wk 3 Life Coaching wk 4 Massage Therapy AcuPoint Therapy <i>if not feeling better with other therapies</i>
Neurotransmitter Support	Acupuncture	Life Coaching	Massage Therapy	wk 1 Acupuncture wk 2 Life Coaching wk 3 Massage Therapy wk 4 Life Coaching Acupuncture	wk 1 Acupuncture wk 2 Life Coaching wk 3 Massage Therapy wk 4 Life Coaching Acupuncture
Anxiety Support	Acupuncture	Life Coaching	Massage Therapy	wk 1 Acupuncture wk 2 Life Coaching wk 3 Massage Therapy wk 4 Life Coaching Acupuncture	wk 1 Acupuncture wk 2 Life Coaching wk 3 Massage Therapy wk 4 Life Coaching Acupuncture
GI Reset: Digestive Efficiency	Nutrition Counseling	Acupuncture		wk 1 Nutrition Counseling wk 2 Acupuncture wk 3 Acupuncture wk 4 Nutrition Counseling	wk 1 Acupuncture wk 2 Nutrition Counseling wk 3 Acupuncture wk 4 Acupuncture
GI Reset: Food Sensitivity	Nutrition Counseling	Acupuncture		wk 1 Nutrition Counseling wk 2 Acupuncture wk 3 Acupuncture wk 4 Nutrition Counseling	wk 1 Acupuncture wk 2 Nutrition Counseling wk 3 Acupuncture wk 4 Acupuncture
Sleep-Quality Restore	Acupuncture	Massage Therapy	Hyperbaric Oxygen Therapy Life Coaching <i>if not feeling better with other therapies</i>	wk 1 Acupuncture wk 2 Massage Therapy wk 3 Acupuncture wk 4 Hyperbaric Oxygen Therapy	wk 1 Acupuncture wk 2 Massage Therapy wk 3 Acupuncture wk 4 Hyperbaric Oxygen Therapy Life Coaching <i>if not feeling better with other therapies</i>

	MODERATE (once per month)			ADVANCED (once per week)	
	Priority 1	Priority 2	Priority 3	Month 1	Month 2 & Forward
Weight Management	Life Coaching	Acupuncture	IV Micronutrient Therapy <i>if feeling fatigued/weak</i> AcuPoint Therapy <i>if experiencing weight-loss stall</i>	wk 1 Life Coaching wk 2 Acupuncture wk 3 Life Coaching wk 4 Acupuncture	wk 1 Life Coaching wk 2 Acupuncture wk 3 Life Coaching wk 4 Acupuncture IV Micronutrient Therapy <i>if feeling fatigued/weak</i> AcuPoint Therapy <i>if experiencing weight-loss stall</i>
Immunity Support	IV Micronutrient Therapy	AcuPoint Therapy	Nutrition Counseling	wk 1 IV Micronutrient Therapy wk 2 IV Micronutrient Therapy wk 3 AcuPoint Therapy wk 4 Nutrition Counseling	wk 1 IV Micronutrient Therapy wk 2 AcuPoint Therapy wk 3 IV Micronutrient Therapy wk 4 Nutrition Counseling
Cardiometabolic Balance: Glucose	Nutrition Counseling				
Cardiometabolic Balance: Cholesterol	Nutrition Counseling				
Cardiometabolic Balance: Blood Pressure	Nutrition Counseling	Acupuncture	Massage Therapy	wk 1 Nutrition Counseling wk 2 Acupuncture wk 3 Massage Therapy wk 4 Nutrition Counseling	wk 1 Nutrition Counseling wk 2 Acupuncture wk 3 Massage Therapy wk 4 Nutrition Counseling

Follow-Up Visits

Visit Type	1 - 2 Weeks	3 - 4 Weeks	6 - 8 Weeks	4 Months	6 Months	8 Months
Labwork Visits	Micro-Nutrient Profile	Hormone Check				
Follow-up Visits		Micro-Nutrient Review	Hormone Check Review	CVP Check-in	Hormone Pellet Insertion	CVP Check-in
Therapy Visits	<i>No Therapies Selected</i>					