

Wellbeing & Lifestyle Transformation



A Bio-Phenomenological Matrix

Education	Adaptive Reprogramming & Regeneration				
	Metabolic Re-balancing	Neurological Re-wiring	Microbial Re-constitution	Immunological Re-set	
	Caloric Restriction Epigenetic Modulation	Carbohydrate Restriction Ketogenic Adaptation	Adequate Protein BMR & Thermogenics	Volumetrics & Variety Incretin System	Nutritionally Complete Macro / Micro Nutrients
	Performance Movement / Biomechanics				
Understanding	Enabling	Coaching (Transformative / Performance)		Empowering	
	Informative Learning	Daily / Weekly / Monthly Practice Training & Development		Ontological Learning	
Results	Dual Accountability		Breakthrough Outcomes		
	Reliable, Measurable, Predictable				
	Primary Outcomes	Performance	Presentation	Peace of Mind	
	Clinical Biometrics	Vitality	Confidence	Future	
Health Span	Grace	Purpose	Ease		