

Magnificent 'Health Accelerator' for Heroic High Performers

Bringing your best self to life.

How It Works

Step one A) – Discover your Biochemical & Physical Setbacks and unique Cell Blueprint TM, to unlock your full potential

It all begins with the **Initial Consult**, a full evaluation using the latest research in Foundational Medicine, to determine your current state of health and a plan to achieve your goals.

- 🎬 Identify the weak systems in your body that sabotage your energy and health, that can become 'disease' if left to silently grow worse.
- 🎬 Advanced blood chemistry analysis to pin-point hidden deficiencies dragging down your performance - just one deficiency can create brain fog, weight loss resistance, fatigue or hypertension
- 🎬 Are you under-exercising or over-exercising?
- 🎬 Are you over-stressed and under-resilient?

Once we know what is going on, we can build a customized plan for you to **recover**.

Step one B) – Discover your motivations and mental roadblocks

Its all very well knowing what you have to do

But are you going to do it?

We will find out what keeps you on track, and what throws you off the path

Can we find out in advance your chances of success? And can we modify them in your favour?

Step two - Recover

- 🎬 In Recover we focus on fixing the root causes of high blood pressure. But we do introduce working on the root causes of health to ensure long term success right from the start.
- 🎬 Get customized, hyper-targeted nutritional and supplement strategies for your unique body for rapid transformation and breakthrough results to tackle all the causes of your high blood pressure.
- 🎬 Eliminate environmental and biotoxins from your body, and learn to minimise future exposure (for yourself and your family)
- 🎬 Cutting edge biohacking techniques to repair your compromised organ systems (this is the secret sauce 99% of health professionals miss.)

The Recovery process takes time, and varies depending on your unique needs, and ability to adopt new habits.

Step three - Thrive

📖 Now we focus fully on the root causes of health, so you can sustain your progress, and thrive.

There are 7 Basic Strategies to follow to achieve optimal health and wellbeing, I call the 'Magnificent 7'

1. True Cellular Hydration
2. Optimal 'Internal Communication'
3. Eat To Your Heart's Content
4. Healthy Detox
5. Hormesis - Build Resilience to Stress
6. Circadian Rhythms, Rest and Recovery
7. Exercise & Bodywork

This approach has general health applications, and can be modified for specific needs such as blood sugar control, optimising blood pressure, improving immunity etc.

In general terms the system will:

Increase your Energy

- So that you can do more in less time

Transform your body

- So you can feel more confident in your skin

Allow You to Live Longer and Happier

- So you can travel and enjoy life more with your loved ones

Increase Joy & Bliss

- So your entire life experience is upgraded

SPECIFIC BENEFITS OF EACH OF THE SEVEN

1) True Hydration

- Proper hydration is a key to unlocking optimal health.
- To truly hydrate you have to look at what you eat and how you move, as well as what you drink.
- Learn the connection between fat and hydration to
 - o Drop Weight

- o Beat Fatigue
- o Improve mobility

2) Internal communication involves chemical messenger molecules, peptides, hormones, the nervous system, and even the microbes living inside of you. One of the messenger molecules we may focus on, is Nitric Oxide (NO) and here's a list of what optimising just this one molecule could do for you:

- Directly lowers blood pressure (and unlikely to lower already low blood pressure)
- enhances oxygen delivery and blood flow
- contributing to improved memory and learning capacities,
- better sleep,
- and a more positive mood.
- And NO supports the immune system helping fight off infections.
- Key to your peak athletic performance

3) Eat to your Heart's Content (or Immune Systems Content!)

- Promotes healthy blood glucose.
- Improved insulin sensitivity.
- Specific diets can lower blood pressure in just 2 weeks
- Improved cholesterol balance.
- Lower all-cause mortality.
- Burn fat, feel more comfortable in your clothes and gain confidence

4) Science-based Detoxification

Improve

- Skin
- Lungs
- Immune System
- Intestines
- Liver
- Kidneys
- Decrease cancer
- Decrease heart disease
- Lower blood pressure

5) Improve Resilience

- Improve metabolic flexibility
- Better fat burning

- More Energy
- Switch off your 'bad' genes
- Improve digestion
- Better sleep
- Improved relationships
- And lower blood pressure

6) Mastering Circadian Rhythms

- Improved energy
- Better sleep
- Better mood
- Improved weight loss
- Optimize Blood Pressure

7) Exercise & Bodywork

- Halve your chance of developing some cancers.
- Exercise after cancer diagnosis results in significantly less cancer deaths and all cause deaths
- Life expectancy increases by 4.5 years
- Improved quality of live
- Improve mental health
- Improve mobility
- Optimize blood pressure

A customized Recover & THRIVE program consists of:

- 1) Monthly calls & Concierge support
- 2) Supplement protocols
- 3) Lifestyle modifications
- 4) Biohacks & Information on related Health Technology
- 5) Psychological shifts
- 6) Educational resources
- 7) Momentum Tracker and accountability tools to stay on track and optimise progress.

Educational resources may include

- Toxin cheat sheet
- Recipes and eating guides
- Tips for meal planning
- Shopping guides
- Detox guides
- Exercise and fitness guides
- Tips for healthy habit formation

Benefits of Fixing the True Causes of Health Problems, or even better preventing them, is the long term 'side effects' of better health:

- Improve mood, mental and physical performance
- Improved energy
- More mobility
- Better sleep
- Decreases stress
- Longer 'health span'
- Longer life expectancy
- Encourages your family and friends to upgrade their own health

A Sample Program (elements may vary depending on individual needs) :

Month 1: Evoke the healing potential for immunity/inflammation control/fat burning – whatever may be needed initially

- Address immediate concerns and micronutrient deficiencies
 - i.e. address the roots of disease
- Prepare detox pathways
- Basic functional nutrition plan
- Basic 'low pressure' lifestyle
- Functional 'mindset'
- [Learn and implement 'the Magnificent 7 Health Strategies' pertaining to your unique needs](#)

Month 2 : Void toxins & eliminate troublesome foods

- Reduce inflammation triggers
 - Environmental toxins
 - Food sensitivities

Clear Toxins (purifying) – the number one inhibitory factor that they need to clear (could it be mindset)

- Detox
- Upgrade nutrition
- Movement (possibly)

Month 3 Improve Lifestyle and Incite Deeper Healing and Detox

Customised Advanced Detox

Lifestyle Deep dive

- Full in-depth review of lifestyle
- Improve lifestyle –
- Focus on 1-3
 - let them know there are hundreds? EG neurofeedback stuff, cod therapy,
- Possible retest of labs

Month 4 Restore and Rejuvenate

- Advanced Lifestyle Solutions
- Breaking old unwanted habits
- Creating new ones
- Stress management
- Building resilience

Further cleanses

- Raw, juice, water fasting, IF

Month 5 Harmonize your body with a Customised Systems Approach

- Gut
- Hormones
- Immune
- Nervous System

Gut /epigenetic optimisation/microbiome reset

Bone broth lease,

GAP diet,

Re-inoculation of bowel bacteria

Month 6 - Consolidate

- Repeat/review of weak areas
- Or go deeper/redo what worked best!

Month 7-12 - Thrive

- Long Term Sustainable Optimal Health Results For Life
- How to SUSTAIN stable optimal blood pressure
- Customising a plan of action
- Possible retests of labs
- Repeat previous protocols as needed

- Celebrate!!

The cost of the program is £750/month, for 7 -12 months. This includes the coaching, all materials, and the recommended supplements and guides.

If after 3 months you are not happy with the results/progress, then we can stop, with no further commitment.

If you wish to apply for this program email christopher@chrispickard.com with 'I'm in'