



How does it work?

The process is simple and straightforward:

> Intake & test:

During an intake session, we discuss your personal situation and goals. We then conduct the test through Nordic Laboratories, a renowned international laboratory.

> Results & discussion:

Within 12-21 days the test results will be available. Together we explore the insights from your unique genetic blueprint.

> Personalized lifestyle

advice: You will receive a written plan with practical information and recommendations.

What does it cost?

> Option 1:

test & review

Total € 910* (includes test, final report, 1 review session of 60 minutes / *incl. VAT)

> Option 2:

test & coaching

Total € 1450* (includes intake, test, final report and 5 coaching sessions of 60 minutes each / *incl. VAT)

Important note:

This is not a diagnostic test. It does not predict the presence of or risk for diseases.

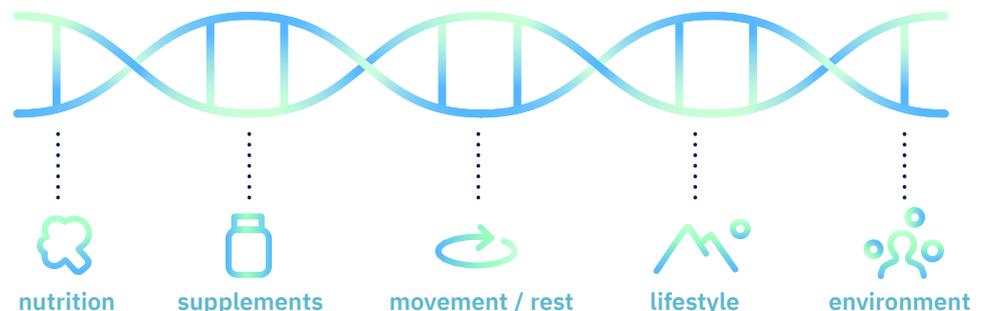
DNA Health test

Discover what your body needs with the DNA Health Test.

Everyone is unique – especially when it comes to what your body needs to function optimally.

This test is designed to provide insights into how your genetic blueprint affects key metabolic processes in your body.

This enables you to make targeted adjustments to your nutrition, lifestyle and environment – strengthening your health from the ground up.



What is the DNA Health Test?

The test analyzes specific genetic variations (SNPs) that influence crucial processes in your body, such as fat metabolism, bone health, inflammatory responses, and detoxification.

It also provides a clear overview of how your body may potentially react to various nutrients and lifestyle factors, such as sensitivity to gluten, caffeine, or salt, or an increased need for certain vitamins and minerals.

What are the benefits of this test?

Personalized insights: Discover which metabolic processes need additional support and which nutrients, supplements, and lifestyle adjustments can optimize your health.

Tailored advice: Based on your DNA, you will receive a personalized lifestyle plan to help you make targeted choices that suit your specific needs.

Enhanced protection against harmful substances: The test shows how sensitive your body is to certain harmful substances and provides strategies to better protect yourself.

Preventive care: By understanding where your body may need extra support, you can prevent health issues and increase your vitality.



Get in touch with me and discover how the DNA Health test can help you become your best, most vibrant self!