



DNA Resilience test

How does it work?

The process is simple and straightforward.

> Intake & test:

During the intake, we discuss your goals and situation. You then participate in the DNA Resilience Test, conducted by Nordic Laboratories, a renowned international laboratory.

> Results & discussion:

The test results will be available within 12-21 days. Together, we explore the insights from your genes.

> **Personalized lifestyle advice:** You will receive a detailed written plan with practical recommendations, information, and exercises.

What does it cost?

> Option 1: test & review

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

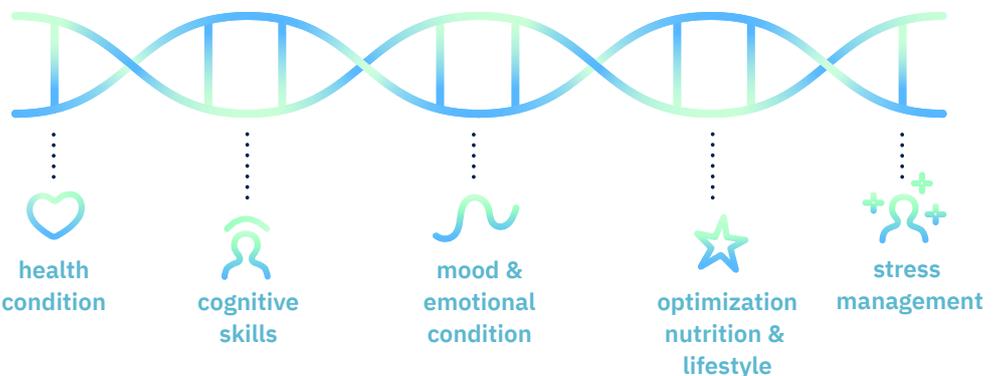
> Option 2: test & coaching

Total € 1250* (includes intake, test, final report, 4 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.

Strengthen your mental resilience with the DNA Resilience test.

Everyone faces challenges in life, but our resilience determines how we handle them. This test provides unique insights into how you can optimize your ability to manage stress and difficult situations. By analyzing your genetic blueprint, you receive personalized lifestyle recommendations.



What is the DNA Resilience Test?

This test focuses on seven key areas that influence your cognitive abilities, mood and emotional stability. Genes play a crucial role in how we think, feel and respond to the world around us. The test provides insights into the functioning of essential neurochemicals such as adrenaline, dopamine, serotonin and oxytocin.

What are the benefits of this test?

Insights into your resilience: The test reveals your strengths and areas for improvement regarding stress management, adaptability and emotional balance.

Personalized advice: You will receive tailored lifestyle advice – based on your unique genetic profile – including nutrition recommendations, supplements and stress-reduction techniques, specifically designed for you.

Improved mental and emotional stability:

This unique knowledge helps enhance your resilience, giving you greater control over your mood, motivation, and focus. It enables you to better handle the challenges of daily life and contributes to a positive mindset.

Enhanced overall well-being:

Increased resilience benefits not only your mental health but also your physical well-being. It promotes better balance between body and mind.



Reach out and find out how this test can support you in creating a new balance and harmony in your life!