

Health optimisation services

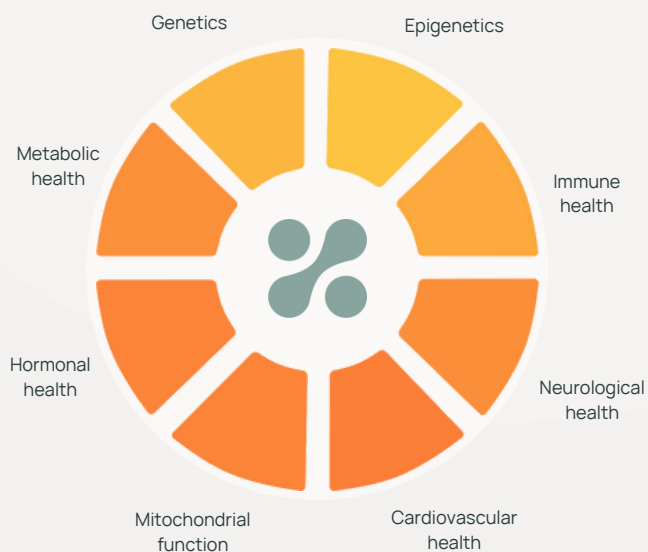
Disease prevention and lifespan extension

Whether you're motivated by daily performance, minimising risk of disease, or maximising healthspan, being your healthiest requires a personalised strategy informed by objective data and expert guidance.

Our mission is to empower you with knowledge about your biology and physiology. With these insights, we curate a personalised lifestyle health strategy to prevent disease and extend lifespan.

Working with our health optimisation team, you will be guided and supported by skilled practitioners and coaches who understand the latest health research and are here to support you with data-informed positive change.

Full-spectrum insights into your body



Why Melbourne Functional Medicine?

Our award-winning clinic has an unrelenting dedication to empowering our patients to achieve their best health. We have been leading the way in healthcare for a decade, providing innovative, world-class care to Australians and people all over the world who want to feel their best and improve their health span.

We unite the latest technologies, skills and knowledge in a revolutionary model that gets results and rave reviews. The Melbourne Functional Medicine approach is personalised, collaborative, and focused on YOU.

Read more in the FAQ's about the value a functional medicine lens brings to test interpretation and health optimisation.

Our services

Ways to work with us

Get the power to focus on and measure what matters most.

With data-driven insights and expert support, skip the self-experimentation and get the information you need to fine-tune your biohacking protocol with strategies that bring you a high return on your investment.

Our services

Kickstart session

A 60-minute strategy session with a functional medicine practitioner is how you start your journey with us. This involves an assessment of your health, medical history, lifestyle habits and health goals.

Your personalised health strategy will be created and will include testing recommendations, therapeutics, and steps you can take now to start optimising your health.

This appointment is the pathway to work with us and is also required for those looking only for functional testing access and interpretation.

\$348 (payable at time of booking)

Advanced testing

Data forms the foundation for crafting your individualised health blueprint. Unlock a wealth of data-driven insights by assessing your epigenome and biological age, genetic makeup, food inflammation profile, a panel of over 230 metabolic and nutritional biomarkers, and beyond.

Healthspan physical assessment

A post kickstart, in-clinic assessment of over 25 metrics that are known to impact quality of life now and your healthspan potential. Includes 1 x 60 min session of advanced cognition testing performed online at home.

\$298 per 45 min appointment.

Testing interpretation

When we receive your test results, you can choose either a 45 minute interpretation appointment or a double 90 minute appointment. We will guide you as to our recommendation due to the complex nature of some tests combined with your unique test bundle.

\$298 per 45 min appointment

Ongoing practitioner appointments

Ongoing support to assess progress and efficacy of your health strategy plan. Your practitioner may review your personalised health data (if you track using a device), as well as reflecting on and refining your health strategy. For those attracted to data, we can retest and continue to explore for optimisation in consultation with your practitioner.

This is a collaborative relationship guided by a longevity expert.

\$298 per 45 min appointment

Accountability service

Is available for those who require or value extra support. Access our HCANZA qualified coaches who are experts in behaviour change to drive results.

\$98 per 30 min appointment

\$980 3-month health coaching package

How it works

1 Book your kickstart

Select a functional medicine practitioner to work with and book your kickstart online or over the phone. Kickstarts can be in person in South Melbourne or via telehealth

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2 Complete your intake forms

To make the most of your 60 minute kickstart, complete all intake forms in the appointment confirmation email

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3 Attend your kickstart

A 60-minute discussion of your health history, lifestyle habits and health optimisation goals. Your personalised optimisation strategy takes shape, and recommendations on next steps are made

4

4 Receive your digital dashboard

Our concierge provides your dashboard access, where you find your health strategy, lab results, curated resources and health data in one secure place

5

5 Decide on your journey

From advanced lab testing, supplementation, lifestyle strategies, ongoing practitioner sessions for learning more, and health coaching, decide on your next steps

6

6 Ongoing practitioner and coach support

Book in with your practitioner for strategic direction, protocol refining and test interpretation, and/or a coach for implementation and accountability support.

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7 Review and re-test

The cadence for re-testing is personalised and will be recommended by your practitioner. Your concierge provides all the resources needed to complete testing

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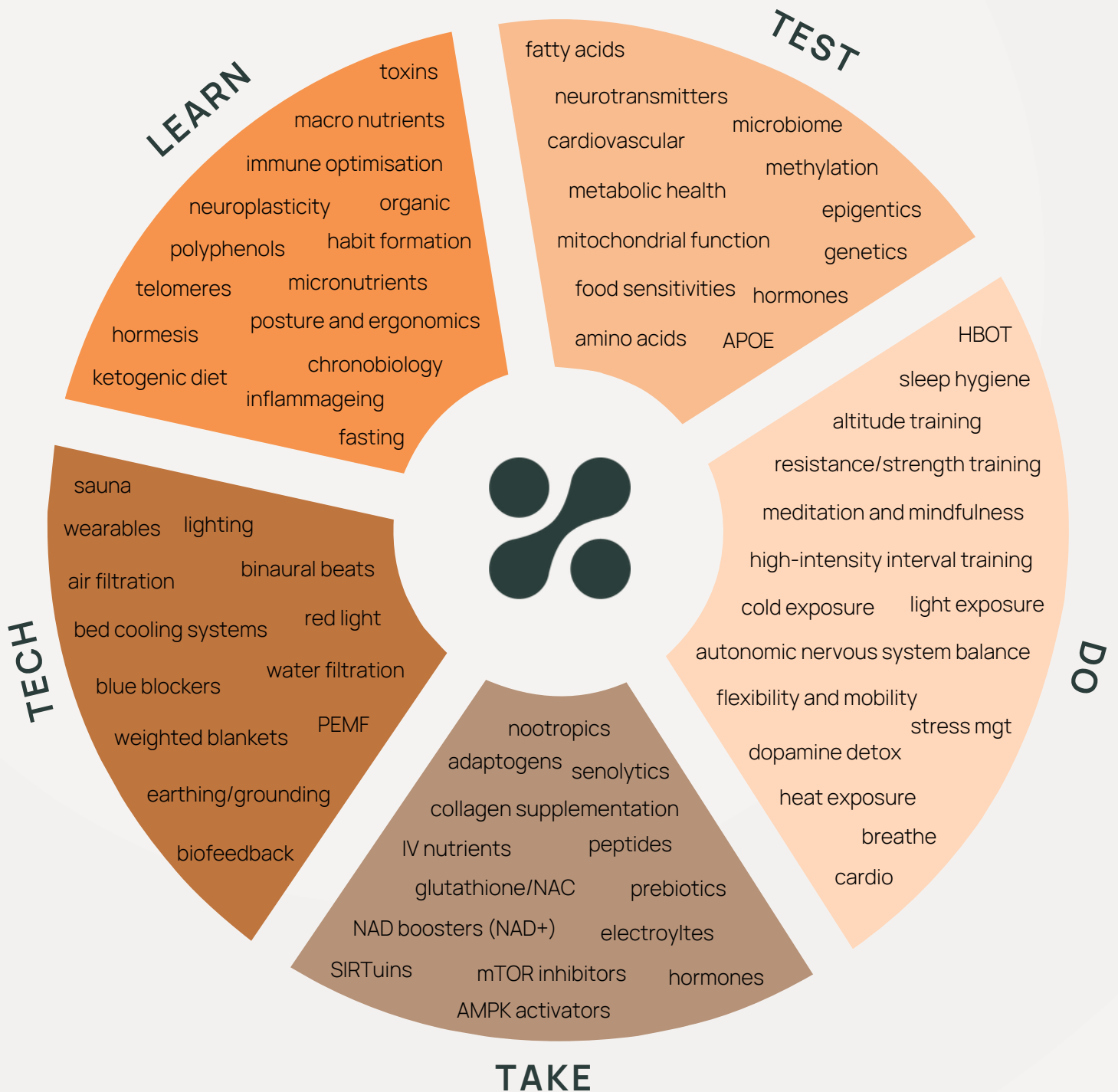
8 Play the long game

We're not just about giving you test insights, protocols, and support short term. We're here to be your long-lasting partner in your journey to a healthier and longer life.

5 elements of optimisation

How we can support you

At Melbourne Functional Medicine we provide clinical advice and guidance for disease prevention and lifespan extension, based on the areas below, and more...



Testing for precision health

Because knowledge is power

Tests we offer are analysed in both Australian based and international laboratories, with a track record of precision and accuracy. Some of the more popular tests for health optimisation are listed below.

Should you wish to access additional tests such as toxin exposure, microbiome health, and other blood panels, please ask.



DNA - Genetics

Cheek swab
5 weeks

Get clear on your disease risk factors and your body's baseline blueprint. This reports on 92 genes and 113 SNP's across nutrigenomics, digestion, energy, hormones, stress & cognitive performance, inflammation, athletic performance, MTHFR, ApoE variants, DNA protection & repair, and detoxification. Genes are not your destiny and can be influenced by your lifestyle choices.

**MyDNA
Comprehensive**



Comprehensive health status array

Blood draw + urine
5 weeks

230+ biomarkers. Metabolic and nutritional status for vitamins, minerals, essential fatty acids, amino acids, heavy metals, cardiovascular health, hormone function, energy production, bacterial and fungal dysbiosis, antioxidants, neuro-transmitter metabolism, detoxification, fasting insulin, your full LDL breakdown plus apolipoprotein A-1 and B ratios (ApoA-1) and (ApoB) to assess metabolic health.

**NutriStat + Insulin
+ LH, FSH, PSA,
INSULIN, FBE, ESR**



Food sensitivity tests

Blood draw or spot
5 weeks

Chronic inflammation commonly caused by food reactions can halt health in its tracks. A food sensitivity profile allows you to discover whether your body is creating an immune (IgG or IgE) responses to between 88- 176 common foods. Your practitioner will recommend the best test for you.

**KBMO FIT 132
KBMO FIT 176
Precision 88**



Biological age and epigenetics

Blood spot
5 weeks

Genes that are currently 'being played'. Determine your current biological age versus chronological age, pace of age your metabolic profile, telomere length and 2,000+ SNPs related to rate of aging. Data shows gene expression can be rapidly altered after 8 just weeks of lifestyle interventions.

**TruAge Complete
TruAge Pace**



Advanced hormone panel

Urine + saliva
4 weeks

A comprehensive insight into your hormone status & their metabolism, including oestrogen and metabolites, progesterone, testosterone, DHEA, DHT, cortisol, and melatonin. The results of the test can help you understand what, if any, hormonal imbalances you may have.

DUTCH Complete



Microbiome

Stool
3 weeks

Understand if parasites, bacteria, fungi are affecting the function of your gut. This test assesses how much of an organism's DNA is present in a stool sample, essential for helping practitioners to determine the clinical significance of pathogenic organisms and dysbiosis patterns.

Microbiomix

Frequently asked questions

How much does health optimisation with your clinic usually cost all up?

We have built our service in a way that offers flexibility based both on your budget and goals.

We find most people like to start with a kickstart, a few tests, possibly supplements and 1-2 follow up appointments. We would recommend budgeting around \$2,500 for this experience. Functional testing ranges from \$350 - \$1,300 per test.

Of course you can dial up-or down the volume of tests you complete and how often you would like to engage with your practitioner or health coach.

If I choose to do testing, when and where will I do the tests?

Your test kits will arrive by mail and you will send your samples direct to the lab. Many tests can be done in the comfort of your home, while some will need to be taken into a pathology collection centre for a blood draw.

We provide you with all the information and videos you need to complete your tests.

How long do test results take to come back?

Results are usually back within six weeks.

What are some of the other tests available?

Our clinic can access a host of lab tests to understand how the body is functioning at a cellular, metabolic, hormonal and systems level. These include comprehensive tests to explore digestive health, toxin exposure, hormone metabolism, parasites, and more.

We use the world's leading labs including:

- Precision Analytical
- TruDiagnostic
- Genova Diagnostics
- KBMO
- NutriPath
- Metametrix
- Mosaic Diagnostics



What happens after the kickstart session?

Many patients initiate a selection of testing and get started there.

Some choose to start right away with accountability and action and employ the support of a dedicated Melbourne Functional Medicine health coach.

Our team will discuss the options with you.

Why aren't the tests covered by Medicare? And why can't my doctor order these tests?

Unfortunately, Medicare coverage is limited to conventional medical tests, which often fail to provide a thorough understanding of your health, and use outdated markers that have been surpassed by more advanced markers supported by emerging research.

We use the most comprehensive, validated lab tests from labs that are privately billed. Most GPs are not familiar with these tests unless they are functionally trained.

Frequently asked questions

What is functional medicine?

[Functional medicine](#) is a revolutionary healthcare approach that focuses on optimising health through the most up-to-date science backed insights that largely address dietary, lifestyle and environmental factors that may compromise health. It looks at the body as a complex, inter-related biological system rather than separate parts.

What is biohacking?

Biohacking is about taking control of your biology and [optimising](#) it to achieve peak performance. Many biohackers seek to improve health span and longevity, in addition to athletic performance.

There are many biohacking techniques, from nutritional biohacking strategies like nootropics, fasting and ketogenic diets to more lifestyle driven or experiential strategies like meditation, HIIT, cryotherapy, red light therapy and sleep optimisation. Wearable devices such as the Oura ring, WHOOP or CGMs are often employed to give real-time data on how your lifestyle and diet impact key biomarkers.

In today's health landscape, biohacking has emerged as a prominent buzzword and trend not only in Australia but also globally. However, many people are jumping onto biohacking protocols without truly grasping their impact or discerning their relevance to their unique needs.

The evidence based data offered from the labs we use gives you the power to focus on and measure what matters most to your health to unlock your full potential. With data-driven insights and expert support from our biohacking clinic, skip the self-experimentation and get the information you need to fine-tune your biohacking protocol with strategies that bring you a high return on your investment.

[Read more about biohacking and health optimisation here.](#)

Why functional medicine for disease prevention and lifespan extension?

[Functional medicine operates using the principles of Medicine 3.0.](#) It is effective for disease prevention and lifespan extension by focusing on root-cause investigation and personalised interventions. It targets lifestyle modifications such as diet, exercise, and stress management to prevent chronic conditions like heart disease, cancer, and diabetes. Additionally, by optimising factors like gut health, inflammation, and metabolic function, it enhances healthspan—delaying the onset of diseases and maintaining optimum health throughout life

What value does having a functional medicine practitioner bring to my data interpretation?

A functional medicine practitioner has access to lab testing beyond what you are usually offered by your general practitioner.

Because of this, we can match the world's most powerful diagnostic offerings to your health goals, offering you access to the most advanced ways to understand the inner workings of your body.

I've already had advanced testing done. Can you re-interpret it for me?

Yes. If you have any functional testing or standard pathology reports or screens performed within the last 12 months, (or DNA performed anytime) you are welcome to send these to us in advance of your appointment to help inform your practitioner of your health picture.

Ready to unlock your best self?



Next steps

Ready to get started?

The experience with us starts with your 60-minute Kickstart Session. This may be done in our South Melbourne based clinic or via video call.

\$348 is payable to book.

[Book online here](#)