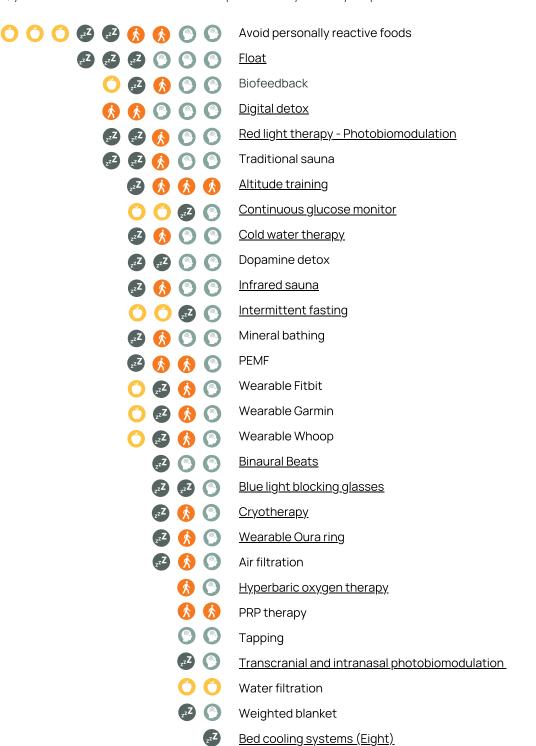
See foundational habits

MENU

Optimisation protocol

Advanced habits and technology to incorporate into your health regime once you have foundational habit scores as high as possible.

Icons relate to point score boosters for: eat (), sleep (), move () and stress (). These scores are general in nature, you can discuss the relevance of each protocol for you with your practitioner.





See optimisation protocols

MENU

Foundational habits

When it comes to moving the dial on disease prevention and longevity, it is important to first asses your foundational habits.

Take the Habits Survey

Icons relate to the points score on the Habits Survey for: eat(), sleep, move(), stress(), and negative points(). Each hyperlink is a fact sheet that corresponds to questions on the Habits Survey. We recommend you work with your coach to optimise your habits.





Smoking - the evidence is clear