



The Comprehensive Health & Wellness Program

The Comprehensive Health & Wellness Program is an individualized nutrition/lifestyle education program specifically designed for the individual who wants to regain and/or maintain their health. It is for the intelligent, motivated person who wants the very best in complementary healthcare and functional medicine available today, along with proper education and instruction as to the role he/she can play in preventing disease and suffering.

The Comprehensive Health & Wellness Program is very cost effective when compared to the typical medical approach, which only seeks to suppress symptoms. When a person learns the costs of the actions he/she is taking that damage and deteriorate the body, and learn how to replace those actions with positive, health promoting ones, they save not only their health, but all the time and money otherwise spent on symptom suppressing approaches. Therefore, the Comprehensive Health & Wellness Program does not cost! In reality, it pays big dividends to your overall health!

Initiating Phase I of your program begins with a full and detailed evaluation and testing to determine metabolic imbalances using the following methods:

- ❖ Initial Consultation – 60 minutes.
- ❖ Health Appraisal Questionnaires
- ❖ Comprehensive Serum Blood Profile *
- ❖ Salivary Male/Female Hormone Profile*
- ❖ Salivary Adrenal Stress Index Profile
- ❖ Salivary Mineral Reserve Testing
- ❖ Additional testing as deemed necessary**

* Small price difference between Pre- and Post-Menopausal Female Hormone Profile.

** Program price does not include the cost of additional testing.

Upon completion of Phase I, we then provide your personalized Health & Wellness Manual consisting of:

- ❖ Copies of all tests results with detailed explanations
- ❖ Specific dietary needs and/or adjustments
- ❖ Specific environmental / lifestyle needs and/or adjustments
- ❖ Specific nutritional supplementation needs and/or adjustments
- ❖ Instructions as to how long each should be maintained and when to change
- ❖ Our personal commitment to you: To educate you on the function and design of your body and how to best care for it from a more holistic approach.

The majority of people obtain excellent results from their Comprehensive Health & Wellness Program. The concepts we teach will always work to support the overall health of the body. Once an individual is educated in these concepts, it simply becomes a matter of choice. One can choose to make and implement the necessary changes to increase their health and vitality and resistance to dis-ease, or choose not to make these changes and pay the consequences somewhere down the road. Obviously, the more a person puts into the program, the more benefit he/she will receive from the program. This is much more than you get from most therapies! Could you reasonably ask for anything more?

The Comprehensive Health & Wellness Program is available to **ALL Crown Council Members, family members, and Team Members only** for the special price of \$587.* This pricing does not include the cost of laboratory blood testing, which can be ordered nationwide through our office (except in Alaska, California, and Hawaii) or through your personal physician. Serum blood testing pricing through M.A.N.A. can vary slightly depending on which laboratories are available in your area. **Contact M.A.N.A. at 1-830-896-0550** for more information on how you can get started on the road to a better quality of life, and more vibrant health!

Special Crown Council Offer! \$537

Make the choice! Take the first step towards optimal health and wellness! A M.A.N.A. Team Member will coordinate with you to get your started.

Name _____

Address _____

City _____

State _____ ZIP _____

Phone (Primary) _____

Phone (Alternate) _____

Email _____

Best Day(s) to Call _____

Best Time(s) to Call _____ am / pm