

# NH EXECUTIVE PHYSICAL

A LIFE CHANGING PROGRAM



## BEYOND YOUR ROUTINE PHYSICAL

- Precision medicine
- Personalized Rx plan
- Genomics
- Track/monitor results
- Advanced technology
- Cutting-edge therapies
- Functional age
- Reassessments of data

### STEP 1: DATA COLLECTION (DAY 1)

- **Advanced Genetic Testing\***: Predicts disease and recommends a diet based on your DNA.
- **True Biological Age\***: Reveals how fast you are aging and then we provide the roadmap to reversing it.
- **Advanced Cardiac Analysis\***: Measures heart age and identifies any risks of blockage and heart attack.
- **Predictive Markers For\***: Diabetes, thyroid issues, inflammation, cancer, dementia and autoimmune disease.
- **Central Artery Pressure\***: Measures blood vessel age and assesses softness of blood vessels.
- **Comprehensive Hormonal Analysis\*\***
- **Food Inflammation Test**: A patented food sensitivity test that uses the latest technology to detect delayed reactions to food. Tests from most other practices measure acute (life-threatening) reactions, whereas our test measures reactions to food consumed over long periods of time.
- **Micronutrient Exam**: Take a deep look at your intracellular and extracellular vitamin and mineral levels to understand your nutritional requirements, which may contribute to a decreased risk for disease.

### STEP 2: FOLLOW-UP (AFTER 2 WEEKS)

- **Comprehensive Consultation With Dr. Habib**: Extensive follow-up on all data.
- **Create a Health Plan That Will Predict, Prevent and Prolong**: Recommend optimal foods based upon your food sensitivities and recommend nutritional supplements that target the depletions in your body.
- **Create a Meal Plan**
- **Organ Specific Vitamins** (for 1 month)

### STEP 3: CUSTOMIZED IV VITAMIN THERAPY (AFTER 4 WEEKS)

- **IV Vitamin Therapy** (weekly for 4 weeks)

### STEP 4: FINAL ASSESSMENT AND FUTURE PLAN (AFTER 6 WEEKS)

- **Discuss Epigenetic Testing Results**
- **Discuss Maintenance Programs**
- **100% Consolidation of All Data**
- **Recap Your Total Health Plan**

\*Available only in the Platinum package

\*\*Platinum package includes additional hormone markers



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