

HEALTH COACHING PACKAGES

Personalised, evidence based support to help you achieve your health goals

Health Foundations Package – £250

A detailed blood test that provides a broad overview of your health, covering key areas such as liver and kidney function, cholesterol and lipids, thyroid and hormone balance, blood sugar regulation, inflammation, vitamin and mineral levels, and immunity.



Advanced Health Package – £340

A full-body health screen with an expanded panel to include thyroid antibodies, advanced hormone checks, vitamin status, inflammation, and prostate health marker (for men). Ideal for those wanting a more detailed view of their health, fatigue causes, or hormone balance.

Complete Health Package – £405

The most complete private health check available, assessing over 70 markers across hormones, thyroid, vitamins, minerals, inflammation, liver, kidney, heart health, blood sugar, prostate health and more.

Perfect for full health optimisation or deep investigation of chronic health issues.

What's Included in Your Health Coaching Package?

- A professional blood draw by an experienced specialist
- A comprehensive health and lifestyle questionnaire to explore your current concerns and goals
- Full blood analysis through a private UKAS-accredited laboratory
- A PDF copy of your lab results
- A personalised, in-depth health report explaining what your levels mean using functional ranges – plus tailored recommendations for improving them through diet, lifestyle changes, and supplements (where appropriate)

All guidance is grounded in scientific research and functional health principles, giving you clear, actionable steps to help your body truly thrive.

PayPal Pay in 3 available

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WHAT'S TESTED IN EACH HEALTH PACKAGE?

Health Foundations Package

A solid foundation check for overall health & wellbeing

Red & white blood cells (general blood health)
Liver function
Kidney function
Cholesterol & cardiovascular markers
Blood sugar control (long-term glucose balance)
Inflammation markers
Iron stores
Essential thyroid function
Key sex hormones
Electrolytes (fluid & mineral balance)
Vitamin D status

Advanced Health Package

A deeper dive into hormones, metabolism & thyroid health

Includes everything in the Essential Profile, plus:

Full hormone profile (sex hormones & adrenal support markers)
Hormone balance markers (binding & availability)
Comprehensive thyroid function (active thyroid hormones)
Thyroid antibody screening (autoimmune risk)
Advanced iron status
Vitamin B12 status
Prostate health markers (men)

Complete Health Package

The most in-depth assessment for root-cause health optimisation

Includes everything in the Comprehensive Profile, plus:

Full adrenal stress response (cortisol)
Complete thyroid autoimmunity screening
Mineral status (magnesium, calcium & phosphate)
Folate status
Uric acid & metabolic health markers
Extended protein & nutrient markers

For more info try the QR Code

