



Health and diet under control

packages

650 PLN

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Do you take care of yourself, eat healthy, but still don't feel the energy and vitality you expected? Perhaps your current lifestyle and nutrition are not optimal for your body. During our consultations, you will receive clear recommendations and tips on how to improve the functionality of your body and achieve optimal health. We will focus on strengthening good habits in the areas of diet, exercise, sleep, addictions and stress response to increase your quality of life and reduce the risk of lifestyle-related diseases.

- consultation with our lifestyle medicine doctor (30min)
- consultation with our nutritionist (1h)
- assessment of health predispositions

longevity

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