



Hormonal health

packages

650 PLN

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A healthy diet, stress resistance and hormonal balance are all crucial for keeping your vitality and immune system strong for many years. The immune and endocrine systems are inextricably linked, and their work is modulated, among others, by the nutrients provided on a daily basis. Cooperation between our endocrinologist, psychologist and nutritionist results in the most comprehensive approach to your health. We will guide you through the process of changing your habits, focusing on the most important aspects of your health.

- consultation with our endocrinologist (30min)
- consultation with our nutritionist (1h)
- consultation with our psychologist (45min)
- assessment of health predispositions

longevity

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