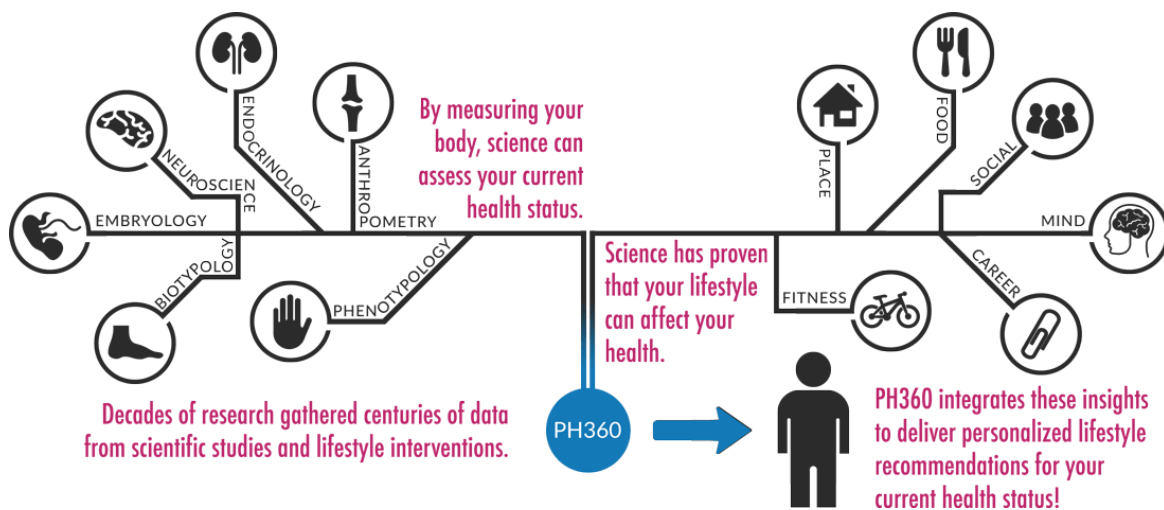


What is ph360?

ph360 is a revolutionary and comprehensive personalised health platform that gives you information on what you need to do to optimise your health right now. The information it delivers gives you specifics of your best **foods, exercise regime, sleep schedule, climate, and an in-depth understanding of your brain at work, socially and in general function.** Rather than giving you a whole lot of information about your genes that doesn't make sense, ph360 gives you the specific action to take, *i.e. the timing and type of foods that will support your optimal energy, recovery and brain function, your best time to sleep and then wake up, and so much more.* ph360 interacts with the application **Shae - Virtual Health Assistant.** Shae digs into your ph360 profile and prompts you throughout the day with health tips personalised to your genes, and your current health.

How does it work?

In Your health test includes measures of your body, questions about your health history, genetic lineage, environment and lifestyle. Over 10,000 data points are captured during this process, calculated using a combination of Western genetics and Traditional Chinese & Ayurvedic principles, and this data is then used to calculate your current state of health and corresponding health advice. In short, it measures your genes, how they are currently behaving, and guidance on what to do to put your genes in their optimal state.



Getting Started

We will need a 90-minute initial consult to take your measurements, complete your questionnaire and set up your profile. At the end of the consult you will have access to your personalised dietary and lifestyle interventions, both through your computer and the supporting Shae phone app. As you implement your personalised health recommendations and your body measurements and habits begin to change, we can update all of your new data in the platform. These updates will then change your dietary recommendations. It a dynamic platform that will match your health goals and objectives in real time. Want to lose weight, your dietary recommendations will reflect that, want to maintain your goal weight, your dietary recommendation will change to reflect that.

Putting it into practice

The information on the platform is groundbreaking, however, most of us actually need ongoing support to execute the health behaviours that are important to us (even if we know what to do). A qualified ph360 practitioner such as myself will support you in putting the information into action and give you a greater understanding, help you know your natural tendencies, and then sustainably put it all into practice. After the initial consultation, it highly recommended you have two additional personalised health coaching sessions to have the best possible outcomes.

Who can it help?

Regardless of your condition, your body needs to be in a state of rest and calm in order to heal. ph360 gives you the information to use to reduce stress and inflammation, and give YOUR body the environment it needs to address many health conditions, fatigue, poor sleep, body fat, digestive issues, foggy brain function, and your health as a whole.

I look forward to helping you create real and sustainable changes in your health to have the results and you've always wanted, and importantly deserve.

Regards,



Dr Nick
Certified ph360 Health Coach