



## NUTRITION

\$599

- Hunger / Satiety
- Insulin Resistance
- Gluten Risk
- Dairy Sensitivity
- Sweet Perception & Sweet Addiction
- Snacking Drive
- Carbohydrates
- Fiber
- Total Fats: Saturated, Polyunsaturated & Monosaturated
- Omega 3
- Metabolism
- Plant Sterols



## SUPPLEMENTATION

\$599

- Vitamin B12 / B6
- Vitamin A
- Selenium
- Magnesium
- Choline
- Vitamin C
- Vitamin E
- Vitamin D
- Vitamin K
- Folate
- Thiamin
- Iron
- Nitric Oxide
- Sodium
- Caffeine



## SLUMBER

\$349

- Circadian Propensity ("morning" or "night" person)
- Sleep Onset
- Quality of Sleep
- Sleep Duration
- Narcolepsy Risk
- Restless Leg



## ATHLETIC PERFORMANCE

\$699

- Genetic V02 Max Cardiovascular
- Genetic V02 Max Metabolic
- Genetic V02 Max Overall
- Muscle Fatigability
- Recovery
- Strength / Hypertrophy
- Power Sprint
- Endurance
- Soft Tissue Injury Risk

You are biochemically unique and your genes are not static as we once thought. With recent advancements in science and technology, you are now able to learn precision wellness! Epigenetics shows us that your genes can be turned on, off, dimmed, and brightened. You can tailor your health goals with your individual genetics. Dr. Julie is here to educate and guide you to live a life of endeavor.

## STEPS:

1

Order your saliva kit test from [www.23andme.com](http://www.23andme.com). Choose "Ancestry" (\$99). Once arrived, follow instructions to complete DNA test.

2

When results are received, email [Debra@energypilates-fitness.com](mailto:Debra@energypilates-fitness.com) of your 23andme notification.

3

Purchase your genetic translation(s) sessions at [www.epigeneticendeavors.com](http://www.epigeneticendeavors.com).

4

We will then help you book your session(s).

5

If you would like your session(s) to be scheduled via Skype/ Zoom or audio phone, contact [Debra@energypilatesfitness.com](mailto:Debra@energypilatesfitness.com) for scheduling.



# EPIGENETIC ENDEAVORS

*Personalized Lifestyle Medicine.*

## PERSONALIZED HEALTH COACHING

with Dr. Julie England

Personalized Health Coaching is an amazing way to understand *your* bodies' intricacies through 1-on-1 coaching with Dr. Julie.

Participants do not have to have gene translations completed to use this service. If gene translations have been used, that information will be applied accordingly to your sessions.

## INTAKE SESSION

\$99

- Complete Intake Session Form
- Email to Dr. Julie@energypilatesfitness.com
- Dr. Julie will email you to set up your session

## HEALTH COACHING

AGES 13 & UP

One Session: \$249

Three Sessions: \$699

Five Sessions: \$1,125

