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# 2024 Health and Wellness Body Reboot

I am excited to introduce you to my health and wellness coaching services. My coaching style is framed around over 35 years of experience in the field of holistic healthcare, health technology, and a doctorate in behavioral health and medicine. The body, as you know, is a metamachine; it has a high-tech cardiovascular circuit board and a filtration system that filters 45 gallons (180 liters) each day; at the rate of about 20 to 25 times a day through over 60 miles of vessels “it’s infrastructure”. While foods and their nutrients keep the body alive, toxic foods, stress, environmental toxins such as air pollution, pesticide, herbicide, toxic building syndrome, to name a few, can break down the body’s high tech. systems. A periodic body reboot is necessary to identify and address risk factors. A body reboot, reset the body’s resilience.

The body’s state of resilience can be a game changer. Resilience is the body’s ability to prevent, fight, and recover from health challenges. Has your state of resilience decreased? Do you need a body reboot? My coaching services are unique; you learn how to customize your body reboot blueprint and reset your resilience. I have designed coaching services that can meet your selfcare needs and budget. Please continue to read through the material to learn more.

**Free Webinars**

**Join me on my live and recorded webinar platforms. They are an educational resource and offer support on your journey to living your best life!**

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| **This is a 100 % money-back guarantee! Using non-invasive state of the art technology and** **Restore-Resilience Lifestyle Assessment (RRLA).** |

**Dr. Reedy’s Health and Wellness Coaching Packages:**

Access my services in-person or through the virtual office.

**In-Office:** Call the office to book your appointment on Monday through Wednesday or the 1st or third Saturdays.

**Virtual office**: Gain access to my coaching services without leaving the comfort of your home.

Follow the directions below or watch the educational video YouTube, Instagram, Facebook...

**Your Review Matters! Write a review and get 10% off**

**On Site Visit:**

**Single Body Reboot Scan: $145.00**

A one-time body reboot and Restore-Resilience Lifestyle Assessment (RRLA).

The body reboot is an assessment of your circulatory system, risk for inflammation, energy intake and output, and lifestyle review.

The Farmer’s Diet Reboot

Free Webinars

Video Link

**Intermediate Body Reboot: $199.99**

Two body reboot and Restore-Resilience Lifestyle Assessments (RRLA). Second visit in 30 days for your body reboot of your health review.

 One circulation enhancement (45-minute session)

The Farmer’s Diet Reboot

Free Webinars

Video Link

**Advanced Body Reboot: $299.99**

Three body reboot and Restore-Resilience Lifestyle Assessments (RRLA). The second and third visit is 3 weeks apart for your body reboot health review.

Two circulation enhancement (45-minute session)

The Farmer’s Diet Reboot

Customized living supplement assessment (No Products Included).

Free Webinars

Video Link

**Comprehensive Body Reboot: $399.99**

Four body reboot and Restore-Resilience Lifestyle Assessments (RRLA). The second through the fourth body reboot health review is 3 weeks apart.

Two circulation enhancement (45-minute session)

Two Customized Living supplements. (Two Included)

The Farmer’s Diet Reboot

Free Webinars

Video Link

**Master Coach Body Reboot: $699.99**

Designed to focus on chronic concerns; a deeper dive into unleashing your resilience.

Six body reboot and Restore-Resilience Lifestyle Assessments (RRLA). The second through the fourth body reboot health review is 3 weeks apart.

Two circulation enhancement (45-minute session) Three weeks apart.

Four Customized Living supplements. (Two Month Living Supplement Included)

Free Webinars

Video Link

**Test My Nutrition (TMN): Add On: $99. 99 Limited time offer/ reg. $110.00**

Interested in learning more about food and environmental sensitivities, micro and macro nutrient deficiencies, and hormonal imbalances? Read how to prepare below.

**Forth fourth**

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**Enter the Virtual Office:**

Live out of state or prefer to avoid the traffic? Enter my coaching platforms from the comfort of your home.

**Virtual Office 175.00**

One body reboot, consultation, Restore-Resilience Lifestyle Assessments (RRLA). Customized living supplement recommendation.

20% Off follow up virtual body reboot coaching up to 12 months.

Free Webinars

Video Link

If you need a comprehensive coaching plan in the virtual office call for a special quote.

My Healthy and Wellness Programs Offer:

* 30 years of experience
* An opportunity to use my coaching skills to build a healthier body.
* State of the art body assessment technology.
* Economical health and wellness packages to choose from.
* Individualized support.
* The most advanced body reboot experience

1. TMN
2. Two virtual body scans and consultation using Zoom.
3. Consultation and any lab reviews
* 2 Dietary supplements
* The Farmer’s Diet Reboot

Get the health and wellness support you need from the comfort of your home.

**How to Prep for the TMN Assessment:**

**Cut about 10 strains of hair from your head or anywhere you have hair.**

**DNA is indestructible, hair dye or perms will not destroy its content.**

**Send as described below.**

**How to Prep for the Virtual Body Scan**

**Swab the inside of your mouth with two Q-Tips using both ends. Put the Q-Tips in a clear sandwich bag, seal, and label with your name, date of birth, and the date.**

**Mail to the address below.**

**Dr. Reedy Behavioral Health and Wellness**

**3203 Farmland ct**

**Decatur, GA 30034**

**770-925-8473**

**Please return the health questionnaire along with your DNA sample. When your DNA body scan is ready for review, we will contact you with a Zoom invitation to view your scan.**