



menu pour la vie!

First Course

Watch Part 1 of the video series for free

Second Course

Take the Advanced Metabolic Typing Test
Receive your highly customised nutrition plan
Receive your nutrition road map
Receive your 20+ page report detailing your Metabolic Type

Third Course

Unlimited access to the full set of videos for your specific Metabolic Type

Video Series Part 2: [Your Metabolic Type] Map & Compass

(Five videos explaining your Metabolic Type and how to implement your programme)

Video Series Part 3: Extra Support for Your Metabolic Type

(Insights into nutrition and which nutrients are most important for your type)

Video Series Part 4: Long Term Success

(Removing chronic energy drainers and enhancing your energy gainers)

These highly informative videos equate to at least 2 hours worth of consultation time and can be constantly referred back to 24/7!

Dessert

A 45min consultation with Justin Smith
~Providing even further customisation and integration with any other health considerations.
(Consultations can be held in person if based in London, or over the telephone)

Fee for this programme: £149

www.29billion.com

Justin Smith Health-Building Programmes

