

Bio. Foundation

Intro

Bio.foundation offers a holistic and personalised approach to jumpstart your journey towards optimal wellbeing. This specially curated package is designed to address key aspects of your health, combining essential elements that promote physical, mental, and emotional vitality. Whether you're looking to maintain good health or embark on a transformative wellness journey, Bio.foundation lays the groundwork for a balanced and thriving life.

As functional medicine doctors and GPs we combine our knowledge of modern medicine, functional medicine, nutrition and lifestyle medicine to provide you with a personalised health plan and treatment protocol. Our foundational package includes comprehensive blood testing and either gut or hormone tests to dive deep into your health concerns.

£1350





Do you...

- Want to commit to your health and wellbeing
- Want to understand what is driving hormone imbalance
- Want to understand the role of the gut in Immunity, Hormones, Mood and Energy
- Want to understand why conventional HRT is not working.
- Want to get back to yourself
- Struggle with weight loss
- Struggle with concentration and brain fog
- Struggle with Polycystic Ovarian Syndrome or Endometriosis
- Struggle with Premenstrual symptoms or PMS/ PMDD
- Feel tired all the time yet can't get a good night's sleep
- Have anxiety that seems worse in mid life.

By investing in yourself, you are taking a proactive step towards building a strong and resilient foundation for a healthier, happier, **balanced** life.

Our team of experts is dedicated to supporting you at every stage, empowering you to make sustainable lifestyle changes that will have a lasting impact on your well-being.

Let's embark on this transformative journey together!

The package

Pre-Appointment



Review of intake health questionnaires to help us understand your needs and goals.

Appointments



- 1 hr initial Doctor's appointment to discuss your health concerns, medical history and your health goals.
- 2 x 45 minute follow up appointments with the Doctor to discuss results, assess progress, and adjust treatment protocol as needed, adding in bespoke hormone therapy as needed.
- A written report with testing & treatment plan, tailored nutritional supplements as well as detailed lifestyle advice.

Testing



Advanced well woman blood test

+

DUTCH Plus (Dried Urine Test for Comprehensive Hormones)

Or

Gut Microbiome Testing (functional gut test assessing the microbiome, gut inflammation, digestive markers and potential pathogens.)

Added Extra's



- Discounted medical grade supplements
- Free webinars hosted by Biorigin.

