

ONLINE SERVICES

NUTRITION

Food is medicine, conversely, a poor diet can wreak havoc on our ability to feel strong, leave us feeling lethargic and moody, or see an inability to gain or lose weight.

Meet with our nutrition expert Anna, to tackle nutritional issues and improve your ability to manage weight and body composition, hormones, gut health and sports nutrition today.

APPOINTMENT	INCLUSIONS	DURATION	PRICE
Initial Appointment	<ul style="list-style-type: none"> Comprehensive review of all body systems Food diary review and analysis Goal setting Review treatment plan including customised meal plan Body measurements - if needed 2 week follow up 	90 mins	\$160
Extended Follow-Up	<ul style="list-style-type: none"> Review of food diary Outline and review changes to nutrition plan 	45 mins	\$120
Standard Follow-Up	<ul style="list-style-type: none"> Quick check-in to review symptoms or difficulties with the plan Adjusting nutrition plan as needed 	30 mins	\$80

FUNCTIONAL MEDICINE

When it comes to optimising your health, it can be confusing to know where to start, so let us ask you this, how do you feel right now? If your answer isn't 'great' we're certain we can help.

Functional Medicine uses a combination of personalised medical attention and preventative health advice to improve the effects of poor sleep, stress, gut health, allergens, and genetics to ensure you're getting the absolute best out of your body.

Discovery Call	<ul style="list-style-type: none"> Complimentary discovery call to see how we can help and if this is right for you 	30 mins	Comp
Initial Appointment	<ul style="list-style-type: none"> Up to 90 Minute Consultation Comprehensive Medical, Health, Nutrition and Lifestyle Questionnaire & Assessment Baseline Biometrics and Physical Exam Custom tailored lifestyle, nutrition, exercise and supplement recommendations Recommendations for and review of advanced biomarker testing 	60-90 mins	\$350
Extended Follow-Up	<ul style="list-style-type: none"> Longer follow up for review of biomarker testing and protocols as needed 	45 mins	\$175
Standard Follow-Up	<ul style="list-style-type: none"> Standard follow up to review progress and adjust plan if needed 	30 mins	\$115

WELLNESS COACHING

Lacking guidance or motivation to make positive change in your life? Beat craving and emotional distractions with the supportive guidance of our wellness coach. Applying a mixture of close coaching and accountability sessions you'll receive everything you need to turn intentions into habits!

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PHILOSOPHY

BEYOND invites a paradigm shift in healthcare by creating an innovative space that focuses on helping people optimise their health to achieve their full potential.

We achieve this through a fusion of holistic and integrative health and wellness services/products that combine ancestral wisdom and modern science to provide a comprehensive and tailored approach to health and well being.

BULK PACKAGES

NUTRITION

INTRODUCTION	3 MONTH	6 MONTH
Initial Consultation 1x Extended Consult 1x Standard Consult Access to our Virtual Classes Value: \$360 Price: \$340 Save \$20!	Initial Consultation 2x Extended Consult 5x Standard Consult Access to our Virtual Classes Value: \$800 Price: \$250/month Save \$50!	Initial Consultation 3x Extended Consult 10x Standard Consult Access to our Virtual Classes Value: \$1000 Price: \$150/month Save \$100!

FUNCTIONAL MEDICINE

3 MONTH	6 MONTH	12 MONTH
Initial Consultation 1x Extended Consult 1x Standard Consult 6x Coaching Check-ins Access to our Virtual Classes Value: \$1000 Price: \$316/month Save \$50!	Initial Consultation 2x Extended Consult 2x Standard Consult 12x Coaching Check-ins Access to our Virtual Classes Value: \$1650 Price: \$253/month Save \$100!	Initial Consultation 3x Extended Consult 3x Standard Consult 24x Coaching Check-ins Access to our Virtual Classes Value: \$2660 Price: \$205/month Save \$200!

SPECIALITY NUTRITION

WEIGHT LOSS PROGRAM	GUT RESET PROGRAM
Initial Consultation 3x Extended Consult 8x Standard Consult Weight Support Supplements Weekly Body Measures Weekly Meal Plans & Recipes Shopping Lists Enquire Now	Initial Consultation 3x Extended Consult 3x Standard Consult Gut Support Supplements Gut Specific Assessment Weekly Meal Plans & Recipes Shopping Lists Enquire Now

WELLNESS COACHING

1 MONTH	3 MONTH	6 MONTH
Initial Consultation 3x Check-ins Access to our Virtual Classes Value: \$300 Price: \$275 Save \$25!	Initial Consultation 2x Extended Consult 9x Check-ins Access to our Virtual Classes Value: \$840 Price: \$263/month Save \$50!	Initial Consultation 3x Extended Consult 10x Standard Consult Access to our Virtual Classes Value: \$1680 Price: \$255/month Save \$150!