

Pain Points	Details of pain	Lifestyle-related Reasons (generic)	Recommended Programs	Recommended Therapies	Foundation of Solutions
Stress		<p>Working long hours without breaks or time off.</p> <p>Juggling multiple responsibilities without relaxation time.</p> <p>Excessive pressure to meet unrealistic expectations.</p> <p>Neglecting self-care activities.</p>	Mental Wellness Cleansing Program: similar to Antiaging high in Tryptophan or if the guest is experienced with detox Green Juice - Master Detox - Green Salad - Ketogenic Program	<ul style="list-style-type: none"> -7 Days Weekly Meditation Journey - Meditation workshop - Meditation, Yoga, Sound Healing & Breathing Therapy - Sensate & ZeroBody - Ozone I.V Therapy - Infrared sauna and steam room therapy - Presso-Therapy Lymphatic Drainage - Electro Lymphatic Therapy (ELT) - Circa DN 5-HTP, L-Theanine & Magnesium Supplementation 	
Anxiety		<p>Consuming excessive caffeine or stimulants.</p> <p>Lack of effective stress management techniques.</p> <p>Overindulging in negative self-talk and worrying.</p> <p>Poor time management skills.</p>	Mental Wellness Cleansing Program: similar to Antiaging high in Tryptophan or if the guest is experienced with detox Green Juice - Master Detox - Green Salad - Ketogenic Program	<ul style="list-style-type: none"> -7 Days Weekly Meditation Journey - Meditation workshop - Meditation, Yoga, Sound Healing & Breathing Therapy - Sensate & ZeroBody - Ozone I.V Therapy - Infrared sauna and steam room therapy - Presso-Therapy Lymphatic Drainage - Circa DN 5-HTP, L-Theanine & Magnesium Supplementation - Anti-Stress IV - Anti-Fatigue IV - Curcumin - Massages (Pampering purposes) Circa DN 5-HTP, L-Theanine & Magnesium Supplementation <p>Stress Management Therapy Package:</p> <ul style="list-style-type: none"> -Mental Wellness Initial Consultation with Emotiv Assessment -Anti-Stress IV 1 Session with ZeroBody Therapy x1 -Unblock Stress with Biomeridian Massage x1 -Curcumin 50 mg with ZeroBody Therapy x1 -ZeroBody Therapy x1 -Red Light Bed Therapy x2 -Private Breath Meditation 2x -Wheatgrass and Probiotic Enema 1 session -Mental Wellness Way Forward Consultation with Emotiv Assessment -TES -Electro Lymphatic Therapy (ELT) 	
Pain Points	Details of pain	Lifestyle-related Reasons (generic)	Recommended Programs	Recommended Therapies	
Stress		<p>Working long hours without breaks or time off.</p> <p>Juggling multiple responsibilities without relaxation time.</p> <p>Excessive pressure to meet unrealistic expectations.</p> <p>Neglecting self-care activities.</p>	Mental Wellness Cleansing Program: similar to Antiaging high in Tryptophan or if the guest is experienced with detox Green Juice - Master Detox - Green Salad - Ketogenic	<ul style="list-style-type: none"> -7 Days Weekly Meditation Journey - Meditation workshop - Meditation, Yoga, Sound Healing & Breathing Therapy - Sensate & ZeroBody - Ozone I.V Therapy - Infrared sauna and steam room therapy - Presso-Therapy Lymphatic Drainage - Circa DN 5-HTP, L-Theanine & Magnesium Supplementation - Anti-Stress IV - Anti-Fatigue IV - Curcumin - Massages (Pampering purposes) Circa DN 5-HTP, L-Theanine & Magnesium Supplementation <p>Stress Management Therapy Package:</p> <ul style="list-style-type: none"> -Mental Wellness Initial Consultation with Emotiv Assessment -Anti-Stress IV 1 Session with ZeroBody Therapy x1 -Unblock Stress with Biomeridian Massage x1 -Curcumin 50 mg with ZeroBody Therapy x1 -ZeroBody Therapy x1 -Red Light Bed Therapy x2 -Private Breath Meditation 2x -Wheatgrass and Probiotic Enema 1 session -Mental Wellness Way Forward Consultation with Emotiv Assessment -TES -Electro Lymphatic Therapy (ELT) 	
Anxiety		<p>Consuming excessive caffeine or stimulants.</p> <p>Lack of effective stress management techniques.</p> <p>Overindulging in negative self-talk and worrying.</p> <p>Poor time management skills.</p>	Mental Wellness Cleansing Program: similar to Antiaging high in Tryptophan or if the guest is experienced with detox Green Juice - Master Detox - Green Salad - Ketogenic	<ul style="list-style-type: none"> -7 Days Weekly Meditation Journey - Meditation workshop - Meditation, Yoga, Sound Healing & Breathing Therapy - Sensate & ZeroBody - Ozone I.V Therapy - Infrared sauna and steam room therapy - Presso-Therapy Lymphatic Drainage - Circa DN 5-HTP, L-Theanine & Magnesium Supplementation 	
Pain Points	Details of pain	Lifestyle-related Reasons (generic)	Recommended Programs	Recommended Therapies	

Pain Points	Details of pain	Lifestyle-related Reasons (generic)	Recommended Programs	Recommended Therapies	Foundation of Solutions
Stress:					
	Emotional strain: Stress can lead to emotional distress, including feelings of overwhelm, irritability, restlessness, and a sense of being constantly on edge.				
	Physical symptoms: Chronic stress can manifest in physical symptoms such as headaches, muscle tension, digestive issues, chest pain, and difficulty sleeping.				
	Impact on mental health: Prolonged stress can contribute to the development or exacerbation of mental health conditions, including anxiety and depression.				
	Impaired cognitive function: High stress levels can impair memory, concentration, and decision-making abilities, affecting overall productivity and performance.				
Anxiety:					
	Persistent worry and fear: Anxiety is characterized by excessive and persistent worry or fear about everyday situations. It can create a constant state of unease and anticipation of potential threats.				
	Physical symptoms: Anxiety often manifests physically, including symptoms such as increased heart rate, shortness of breath, trembling, sweating, and gastrointestinal discomfort.				
	Impact on daily functioning: Anxiety can interfere with daily activities, relationships, and work performance, leading to avoidance behaviors and social isolation.				
	Sleep disturbances: Anxiety can disrupt sleep patterns, leading to difficulties falling asleep, staying asleep, or experiencing restful sleep.				
Burnout:					

<i>Pain Points</i>	<i>Details of pain</i>	<i>Lifestyle-related Reasons (generic)</i>	<i>Recommended Programs</i>	<i>Recommended Therapies</i>	<i>Foundation of Solutions</i>
	Exhaustion and fatigue: Burnout is characterized by emotional, physical, and mental exhaustion due to chronic workplace stress or prolonged exposure to demanding situations.				
	Decreased productivity: Burnout can lead to a decline in job performance, decreased motivation, and difficulty concentrating or making decisions.				
	Negative emotions: Individuals experiencing burnout may feel cynical, detached, or disillusioned with their work, leading to a diminished sense of accomplishment and satisfaction.				
	Physical health issues: Prolonged burnout can have physical consequences, including weakened immune system, headaches, and increased susceptibility to illnesses.				
Chronic Fatigue:					
	Persistent exhaustion: Chronic fatigue is characterized by persistent, overwhelming fatigue that is not alleviated by rest or sleep. It can significantly impact energy levels and daily functioning.				
	Muscle and joint pain: Individuals with chronic fatigue may experience muscle and joint pain, making it difficult to engage in physical activities.				
	Cognitive difficulties: Chronic fatigue can cause difficulties with memory, concentration, and mental clarity, often referred to as "brain fog."				
	Emotional impact: Living with chronic fatigue can lead to frustration, irritability, and feelings of isolation due to the limitations it imposes on daily life.				
Brain Fog:					
	Cognitive difficulties: Brain fog refers to experiencing difficulty with focus, concentration, memory, and mental clarity. It can affect various aspects of daily life, including work, study, and social interactions.				
	Slowed thinking: Brain fog can make it challenging to process information quickly, leading to slower cognitive processing and decreased productivity.				
	Confusion and forgetfulness: Individuals with brain fog may experience confusion, forgetfulness, and difficulty finding the right words, which can be frustrating and impact self-confidence.				
	Impact on daily tasks: Brain fog can make simple tasks feel overwhelming and increase the time required to complete them.				
Sleep Deprivation:					
	Fatigue and low energy: Consistently inadequate sleep can result in persistent fatigue, decreased energy levels, and a general sense of lethargy throughout the day.				
	Impaired cognitive function: Sleep deprivation can cause difficulties with memory, attention, problem-solving, and decision-making abilities.				
	Mood disturbances: Lack of sleep can contribute to mood swings, irritability, increased stress, and an overall negative emotional state.				
	Increased risk of health problems: Chronic sleep deprivation is associated with an increased risk of developing various health conditions, including cardiovascular disease, obesity, and diabetes.				