



HEALTH for your
Whole Life™



The 90-Day Total Body Transformation™:

LEVEL I – 6 weeks:

1. Initial consult with Physician – physical, review of blood work, injection technique
2. Initial body composition measurement and weigh-in⁺
3. Initial body measurements
4. Initial metabolic support supplementation – Ultra Probiotic (1), LipoLean (1), Support Adrenals (1), Pro-Vegan (2)
5. Initial visit with Nutrition Educator to discuss nutritional program where you will receive:
 - LEVEL I Menu
 - Recipe booklet
 - Initial metabolic support supplementation (4 weeks)
 - hCG injection instructions and supplies
6. Weekly weigh-ins⁺ and nutrition guidance.

LEVEL II – 3 weeks:

1. Consult with Physician - (if necessary to review follow-up blood work)
2. Weekly B12 fat-burning energy injections or B12 oral vials
3. Weekly Personal Training sessions (3), or written workouts and exercise guidelines, or 90 day yoga membership⁺
4. Weekly weigh-ins and nutrition guidance
5. Consult with Nutrition Educator to discuss LEVEL II nutritional program where you will receive:
7. LEVEL II Menu
8. Recipe booklet

LEVEL III – 3 weeks:

1. Consult with Physician – Discuss transformation results and receive personalized medical and supplemental recommendations
2. Weekly B12 fat-burning energy injections or B12 oral vials
3. **IGNITE™** – On-the-go Energy drink (one)
4. Weekly Personal Training sessions (3), or written workouts and exercise guidelines, or 90 day yoga membership⁺
5. Weekly weigh-ins and nutrition guidance
6. Consult with Nutrition Educator to discuss LEVEL III nutritional program where you will receive:
 - LEVEL III Menu
 - Recipe booklet

Phone, email or text support for the entire 90-Days. Admission to one (1) Radical Forgiveness Ceremony with Dr. Tondora during the 90 days.⁺ Tempe/Scottsdale training, Chandler yoga, other contracted facilities in your area.