



Nutrition Programs

Do you want to lose weight? Improve your overall health? Or ward off common lifestyle diseases affecting the Western world today?

Take the first step on your wellness journey and sign up for one of our nutrition programs!

Here are your options:

1) Ideal Protein Weight Loss Protocol

A structured, medically designed & supervised weight loss method consisting of 3 meal replacements per day. \$485 to start (includes 10-days of food products, 1-month supplements, and initial consultation), followed by \$110 per week for food products and weekly coaching visit. Through this program you will gain an understanding of how food is utilized by the body, including what causes fat storage.

2) 21-Day Diet Detox Program

Let us guide you through an easy to follow 21-day detox. You will receive access to our extensive online system which includes delicious recipes emailed to you every day for only \$90. This detox will help restart your body back to its basic nutritional needs and leave you feeling amazing when you are finished.

3) Nutrition Counseling with Layla

A great value of only \$120 out of pocket per session or, if established care with Dr. Thaik, the price of an office visit via your insurance. Meetings with Layla include an in-depth initial consultation and guidance for a plan to help you reach your goals.

4) Additional Services

- 10-Day Liver Detox
- 10-Day Blood Sugar Detox
- 10-Day Inflammation Detox