



PERSONALISED **WELLNESS WITHIN**

PETERSMANJAK
Quintessential Wellbeing

in partnership with
wellness first



WHAT IS IT WORTH TO YOU TO GET YOUR HEALTH BACK?

If there was a way that you could arrest
the progression of present and future
disease in your body, **optimise your
sleep, lose weight or regain your energy**
- would you do that?





WHO IS THIS SERVICE FOR?

- ☒ Are you an **executive, professional or key person** in a corporate company?
- ☒ Are you an **entrepreneur** who owns your own business?
- ☒ Are you a **parent who has family members counting on you** to remain healthy and productive?
- ☒ Would you like to **live longer and healthier**?







We want to introduce you to a revitalised approach to your health and your wellness.

Duration is 6 months

Continual provision of health insights to protect you.

**With the option to continue at a reduced rate.*

Expected Outcomes

-  Renewed energy and reduced fatigue
-  Weight loss
-  Improved sleep
-  Improved memory
-  Gaining insights that only 5% of people have access to
-  Reduced reliance on drugs (Pharmaceutical drugs)



EVERYTHING YOU GET & MORE!

A comprehensive health risk assessment and a personalized plan to address your unique health risks. All interventions use natural and alternative medicine where possible. In the majority of cases, there is no use of pharmaceutical drugs to treat any conditions

Where an individual is on pharmaceutical drugs, there are opportunities to reduce or discontinue the use of such drugs.

SEE OUR SERVICES



OUR CORE SERVICES



Identifying your health risks through various tools

(E.g. a personal health risk assessment and management tool based on local and international best practice in alternative care, a detailed lifestyle questionnaire, genetic reporting, detailed blood panels, and more as required)



Complete and indepth analysis of your results

- Identifying the direct impact on you
- Providing a personalized report showing all identified genetic impairments
- Explanation of the consequences and impact on your health (if ignored), and
- Personal recommendations and intervention for your optimum health



Weekly coaching sessions to initiate and then remain committed to the recommendations

WHY CHOOSE US?

Solutions are based on over **35 000 hours of research**

Use of a **personalised risk assessment** and recommendations tool covering hundreds of conditions

Inclusion of best practice from **international professors (with no vested interest)**: Speeches, papers and their recommendations

Supersedes traditional annual medical checkup results and recommendations

Genetic health testing available when required

Access to a network of qualified functional medical specialists in their specific field - as and when required

Predictive forecasting of health events

Personalized precision for your alternative care

Determining your key health risk and the direct impact on your life.

Implementing the best solutions - Risk based

Where possible, reduce or discontinue the use of drugs, and thereby prevent the negative side effect on your body

Alternative care solutions



We offer a
Risk-based approach to
executive wellness and
optimization. With **over
25 years in health risk
management**, we have
created award winning risk
management programmes
for non - communicable
diseases. We are proud to
have assisted, many senior
executives, professionals,
and business owners
**improve their health and
quality of life.**

CLICK HERE TO GET STARTED NOW



WHAT OUR CLIENTS SAY

When I met with you during May 2020 I was grossly overweight, always exhausted and suffered from serious memory loss. During various sessions with you, you directed me and without too much effort and self discipline, I can say that my journey with you has been life changing. Not only have I lost in excess of 12 kilos of weight but my waistline has become 10 cm smaller. Today I feel awesome and haven't felt this well in the last 20 years (64 years old). My overall health and memory has improved tremendously eg., i now have a cholesterol reading of less than 4. Please accept my sincere gratitude for leading me on the above journey. ”

WYNAND DU PLESSIS | SENIOR ATTORNEY

Peter's method and steps cut my LDL cholesterol in half, took me off my cholesterol medication and in the process he rid myself of 40kg's of unwanted weight. ”

JONATHAN BROWN | EXECUTIVE

"Peter's method and focus on identification, cleaning out the gut and detailing how to restore and feed my body what it needs, it really helped me go from completely housebound and unable to walk most days at the young age of 38 to working full-time, feeling strong, and getting back into exercising. ”

JOSEPH LEE | EXECUTIVE

One of the smartest decisions I have ever made was to contact Peter and ask him to rebuild my body. He started from the inside out whereas every thinks its the other way around. Peter was so very helpful and knowledgeable, and created a method and step by step process that with a short time my life was turned around from being burnt out, overweight and unhealthy. Thanks Peter, your authenticity and dedication to helping clients is one-in-a-million. ”

LAUREN MARK | EXECUTIVE



GET IN TOUCH AND
LET US **MAKE A**
LASTING IMPACT IN
YOUR LIVES

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