

## MY THRIVING FEES

### The Keep It Super Simple Approach

**Baht 9.900,00 | US\$ 280**

For 1 month, I will stand by your side to teach you the basics on how to balance out your health and nutrition goals. Through an assessment form and 1-on-1 calls, I will give you the tools to sustainably thrive that are tailored to you.

No complex formulas or diet plans; by keeping it simple, the changes of success will grow exponentially.

### The Tailored Approach to Thrive

**Baht 27.500,00 | US\$ 775**

Considering the fact that nutrition alone is not the driving force for overall success is often forgotten. While eating well according to your goals, the concept of Deep Health are taken up during this 3-month journey. Going deeper into your nutritional habits, I will take up other health aspects of what can make you thrive.

All individually tailored to you!

### The Magic of Proper Slumber

**Baht 7.500,00 | US\$ 210**

We humans underestimate the importance of sleep. Through this two-week coaching experience, we are tackling your sleeping habits, finding out reasons why your sleep is not up to par, and introduce solutions to get you back onto a proper slumber track.

It would not be a Thrive Approach concept if it did not include 1-on-1 calls and/or meetings.

All prices are net, inclusive of applicable taxes, and other charges. all paid fees are non-refundable in any way. Allocated calls or meetings are scheduled for 30 minutes per call. Prices are subject to change without prior notice.





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### The Sustainable Anti-Diet Approach

Baht 6.900,00 | US\$ 199

Are you short time but eager to know the secrets of sustainable nutrition? While a kaleidoscope of dieting solutions are out there, the chances that this comes with some form of complexity are almost a given. Guiding you for 2 weeks, the changes you can maintain this sustainably without following a diet plan will be presented.

If you hold yourself accountable for what we decide, the chances to success will be greater.

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