

EliteWellness

Wellness Products – Elite Wellness

Product Directory Resources

Please see a list of specially curated products with links to discounted purchase links where available

The Longevity Diet Book <https://tinyurl.com/3pwccz3k> for further reading by **Professor Valter**

Longo – The Fasting Mimicking Diet

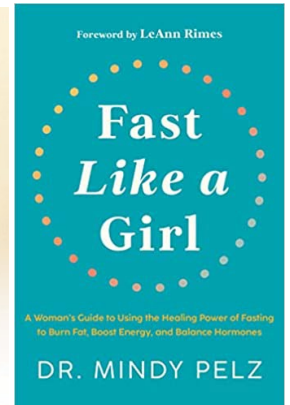
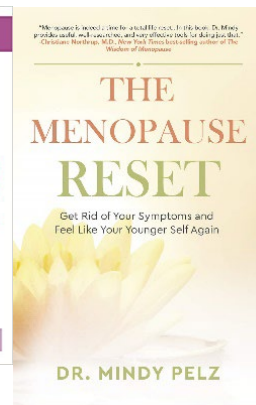
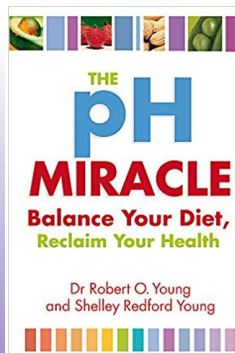
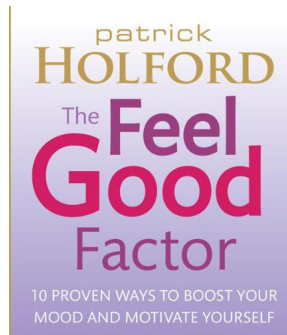
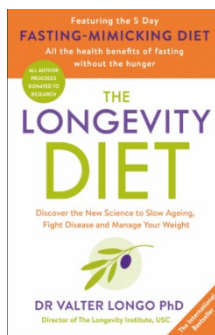
The Feel Good Factor by Patrick Holford

<https://tinyurl.com/yckw4wss>

The pH Miracle Robert O Young

The Menopause Reset – Dr Mindy Pelz

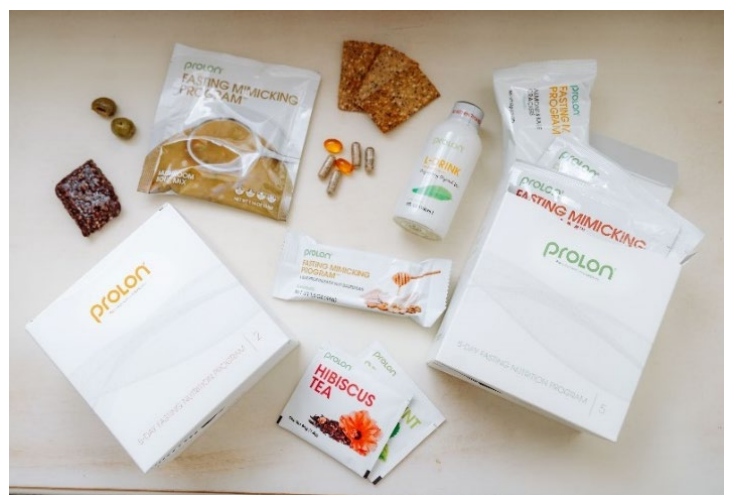
Fast Like Girl – Dr Mindy Pelz



List of other resources and discount codes below

ProLon – Fasting Mimicking Diet – 5 Day Fast with Food - Total Body reset with cellular rejuvenation through autophagy

[Get your 5 day Fast Here](#)



However, the longevity lifestyle is more than just a diet; it's a strategic approach to adding longer, healthier years to your life.

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TEA INFUSIONS that I recommend as part of my Health transformation programme

Loose leaf herbal teas to boost detox pathways Milk thistle, Dandelion, Burdock, Mint and chamomile

<https://www.tea-and-coffee.com/milk-thistle-tea>

Discount code **elite10**



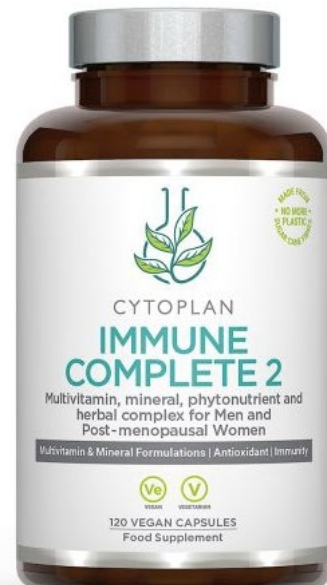
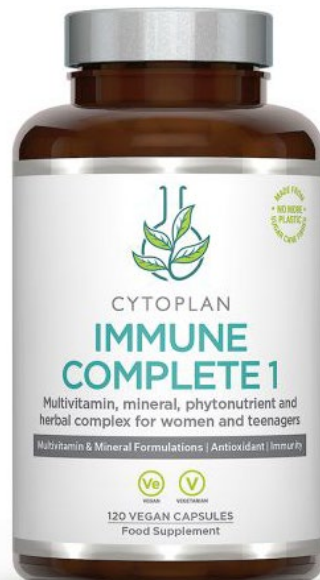
Theenk Focus, Energy, Good mood - Cognitive herbal tea

CYTOPLAN- Food Source Grown Supplements

Plant based essential fatty acids – anti inflammatory

<https://www.cytoplan.co.uk/omega-3-vegan>

Co Q10 Cardiovascular, cholesterol supplement



<https://www.cytoplan.co.uk/catalogsearch/result/?q=coq+10+multi#>

Cytoplan discount voucher code **CYT40611-35-10**

Immunity Women + Teenagers, Men Post-Menopausal Women

<https://www.cytoplan.co.uk/catalogsearch/result/?q=+immune+complete2>

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BetterYOU

Magnesium Flakes bath or foot soak for sleep and absorption of vitamin D and calcium – twice weekly

<https://linkpop.com/https-nutrium-com-p-donaldgo>

Pill-free magnesium

A natural, easy and effective way to soothe tired and aching muscles

[Learn more](#)

BetterYou



Magnesium Spray for anti-cramping relaxation

<https://linkpop.com/https-nutrium-com-p-donaldgo>



Vitamin D + Iron sublingual (under the tongue) for better absorption

<https://linkpop.com/https-nutrium-com-p-donaldgo>



Vitamin D Fast absorption use discount code 'elitewellness' at checkout
[Vitamin D Calcifidiol Capsules](#)



HOME DELIVERY Organic Veg BOX
www.riverford.co.uk/refer/z3AU3tSKOmZqY7OsvZGkCQ
YOU CAN TASTE THE DIFFERENCE



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Earth minerals for Gut Brain immune optimisation

[ION Earth](#) mineral for gut health optimisation from [Dr Zach Bush](#)

All natural and soil derived, ION* Gut Support goes beyond probiotics to defend you from environmental toxins and diversify your gut microbiome naturally.

Symprove – Live Bacteria - Valuable for anyone suffering with IBS

Symprove is a gut supplement rooted in science and loved by thousands. Its unique water-based formula gets billions of bacteria to your gut alive where they don't just survive, they thrive – helping you do the same! Symprove's live bacteria is: • Multi-award winning • Recommended by scientists and experts • Proven to reach the gut alive Dairy-free Gluten-free Vegan. <http://www.symprove.com/dgordon>



[Vegan alternative plant based protein](#)

Clean and simply delicious - great alternative to animal protein for those with dairy or lactose intolerance.

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Seven Hills Seven Mushroom Blend – Immune, stress adaptogen



CBD Products - full spectrum- anti-inflammatory, mood enhancer, depression, anxiety, pain management
[Feelgood Essentials](#) Use discount code 'elitewellness'



The Herbalist Company – CBD coffee, bath oils, creams





Clean Electrolyte water solution for everyday use and whilst fasting

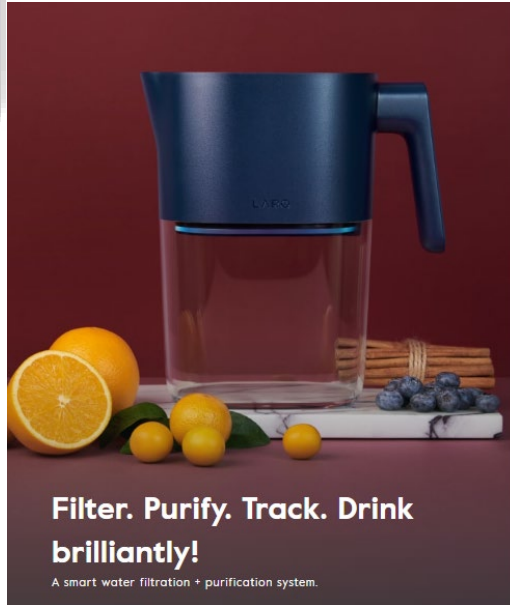
<https://eletewater.co.uk/collections/all>

Anti-cramping in water bottle before or during exercise or during fasting or everyday use each day discount code elite15



CLEAN

WATER LarQ Water filter with advanced technology to remove toxic particles



Filter. Purify. Track. Drink brilliantly!

A smart water filtration + purification system.

<https://www.livelarq.com/shop/larq-pitcher-purevis>

<https://www.livelarq.com/drinkware/larq-bottle-flip-top-obsidian-black?size=500ml>

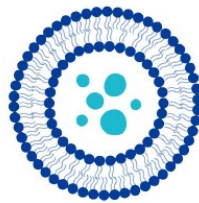


Liposomal Products

Immune and brain function **Vitamin C**

<https://lipolife.co.uk/> Use discount code 'elitewellness'

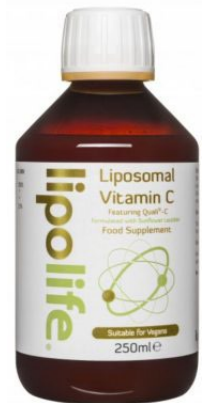
Hinnao vitamin D, B12



HINNAO® Technology High-Stability Liposomes

UNIFORMLY DISPERSED REDUCED IN PARTICLE SIZE

HINNAO® Technology uses a high shear process subjecting the particles to 40,000 psi encapsulating the particles uniformly, the phospholipid MCT base, ensure the product cannot fall out, creating high stability liposomes for increased bioavailability.



Standard Liposomes

SUSPENDED IN WATER WITH A SMALL AMOUNT OF OIL IN THE PHOSPHOLIPID


Standard liposomes are suspended in water with a small amount of oil in the phospholipid, meaning the encapsulated product will fall out and oxidise.


<https://hinnao.com/don-gordon/> Use discount code **Elite20** for 20% first order **Elite10** thereafter for 10% lifetime discount


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 **BE SUPERHUMAN** – Red Light Therapy Cryotherapy, IV infusions, Hyperbaric Oxygen chamber <https://besuperhumanofficial.com/>

 [The Family Health Hub](#) – Spinal therapy, Osteopathy, Medicinal Acupuncture, Podiatry

 **Greens Alkaline Support products –**
Naturya - Greens blend with Hemp protein blood sugar balancing breakfast- great intermittent fasting meal replacement, clean and affordable No subscription required



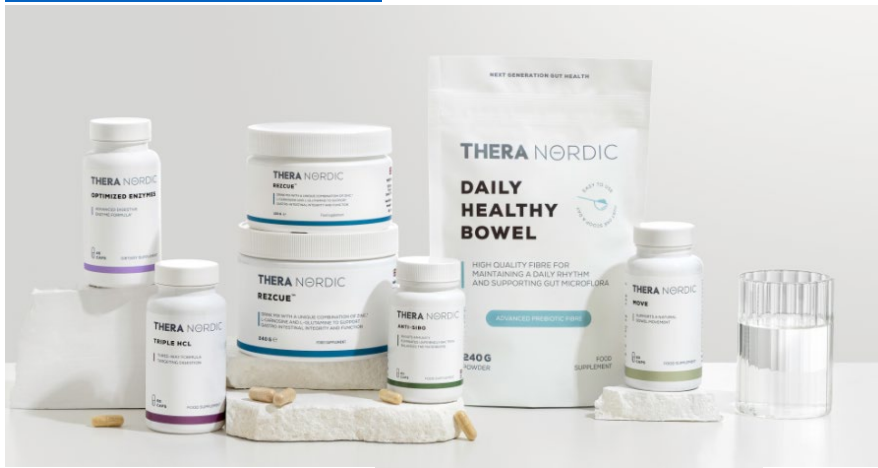
The Culinary Caveman -
Hormonal balancing,
Immune Enhancing
[Green Gaia Goodness](#)

[Thrive](#)
Plant base alkaline supplements



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Thera Nordic Gut Health



Download



Sensate Anxiety Stress Reduction

A ground-breaking innovation in wellness technology, Sensate uses the natural power of sonic resonance to calm your body's nervous system, providing immediate relief and long-term benefits from regular use.



**Stay Calm and Focus the adaptogens are here
Dr Vegan**

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Brain Fuel



Stay Calm



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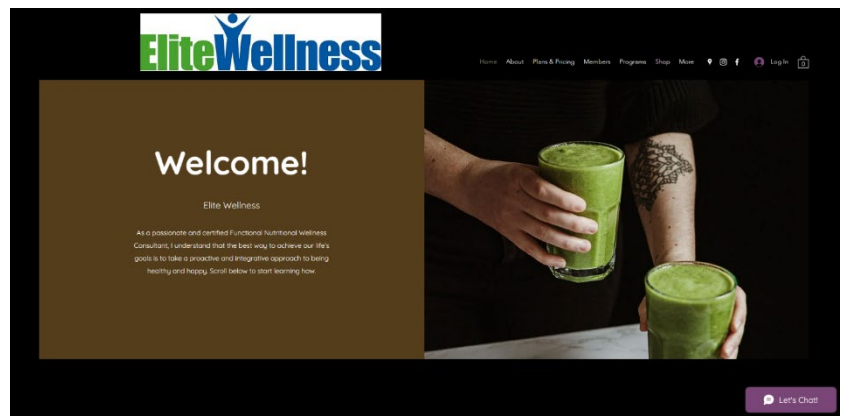
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Functional Blood Screens for Annual MOT Tests,

Full Functional test panels are available from my private HealthPath Pro clinic upon request from my [website](#) including.

- Comprehensive Female Hormone Panel
- Man Essential 70+ biomarkers
- Female Essential 70+ biomarkers
- Homocysteine
- [DNA](#) Health Map - discount code **elite50**
- [Microbiome](#) Gut Profile - discount code **elite50**
- [Food sensitivity](#)/ intolerance testing - discount code **elite50**

These are all supported by personalised programmes and consultation. Free 15 minute discovery call [here](#)





FLOW COFFEE

find mental clarity & concentration



ZEN COFFEE

feel alert, calm & focused



MOJO COFFEE

discover endurance & vitality

**Lions Mane
& Rhodiola**

**CBD &
Ashwagandha**

**Cordyceps
& Ginseng**

Coffee but not as you know it!!!! Give it a shot

Elevate your Day with adaptogenic coffee and find your flow

Natural ingredients [Get 15% discount here](#) use code 'elitewellness'

Chris Evans from Virgin Radio called this '*the best coffee he'd ever tasted*'

Actually I have to agree – its great to travel with and take into the office before meetings or morning presentations.

Tirapy – Dynamic Meditation Training with Tiraball Flow

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TIRAPY founded by Master Titan consists of different tai chi movements, engineered with medical concepts in mind, using basic and simple techniques from Chinese medicine to balance our hormones and our over stimulated stress response. After a 1 hour class using Tiraball, participants will fully understand the basic techniques of TIRAPY for their daily 6 minutes practice, compared to traditional Tai Chi or Qigong,



The simple accessible 4-2-1 system Tirapy training with 4 basic

movement patterns is designed to improve the functioning of the lymphatic and digestive systems, the lungs, and the liver.

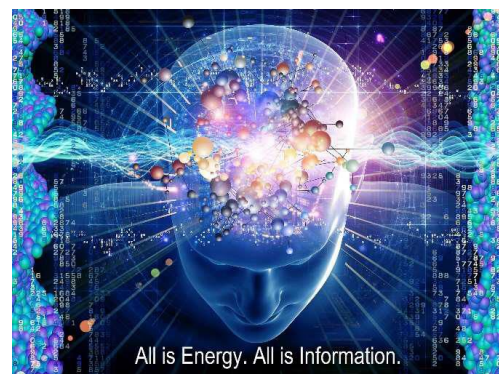
Plus 3 additional elements. It only takes 12-15 minutes practice each day to maintain a healthy flow state.

This makes it accessible, smart and easy to fit into our increasingly busy demanding lifestyles.



These cover 7 elements described below;

1. TB1 Lymphatic Palm
2. TB2 Empowering Digestion
3. TB3 Lung Booster
4. TB4 Liver Cleanser
5. TB5 Spine spiral
6. TB6 Lymphatic Kick
7. TIRABALL +1 training Using the Tiraball for metabolic optimisation and **dynamic meditation**.



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Tirapy system with Tiraball focuses on **dynamic meditation**, which is controlling our breath, heart rate, neuroendocrine system, para-sympathetic system and immune system for cellular recovery. This practical, simple, and effective concept is derived from traditional Chinese medicine 5000 years ago. Wudang Tai Chi and Qigong provide the slow and low impact exercise for dynamic meditation.

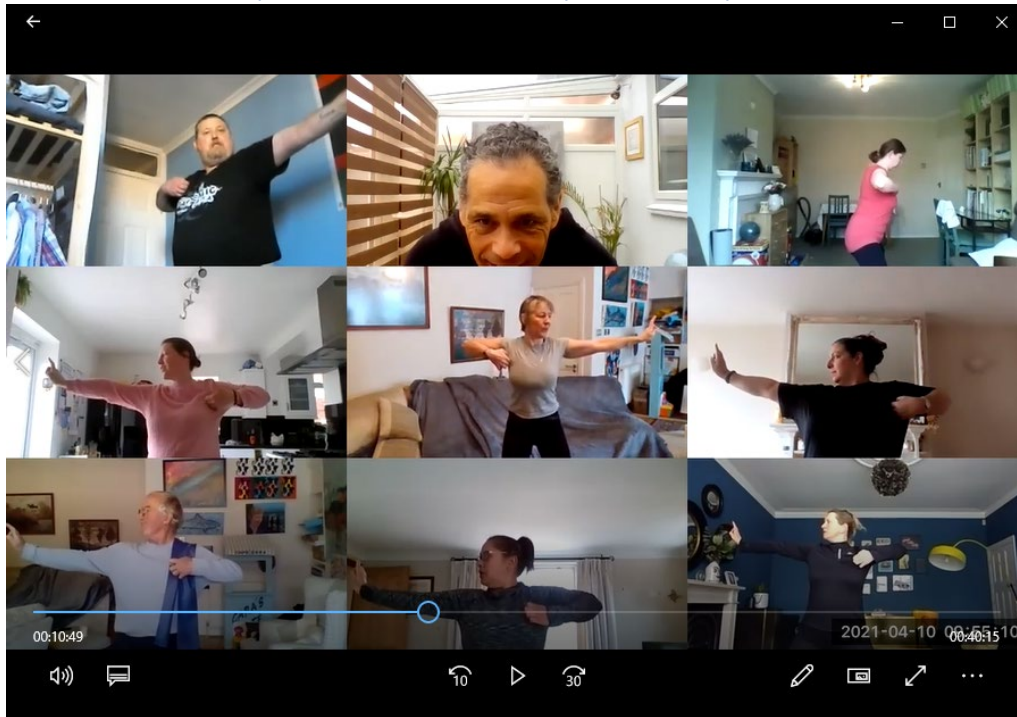


Join the Tiraball spinning revolution with this incredibly effective form of Tirapy Training from the Far East – I am currently one of only a handful of certified trainers in the UK.



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Weekly Zoom Class Every Saturday 9.00 am

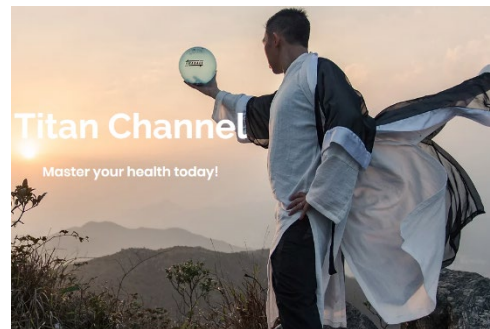


Use this link to connect to the class

<https://us02web.zoom.us/j/83085919363>

Tirapy Exercise tuition from Master Titan video channel [here](#)

Tirapy Promotional video [here](#)



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