

Congratulations!  
You are now a future mom!

Having a child is one of the most precious, amazing and scariest thing ever! As a future mom, you are probably feeling overwhelmed with all the information you've read or watched on what to do during your pregnancy.



**OBO and Well-Pregnancy Program**

**go2Health!**  
An Online Functional Medicine  
Consultation Clinic



There is nothing more important during a pregnancy than ensuring the health and well-being of both the mother and the child. Pregnant women take necessary precautions to maintain a healthy pregnancy like lessening stress, exercising if possible, and eating healthy.

But are these enough?

A pregnant woman with long dark hair, wearing a white t-shirt and a peach-colored cardigan, is sitting on a brown couch. She is smiling and looking at a tablet computer she is holding with both hands. The background is a plain, light-colored wall.

## According to studies,

three out of ten premature deaths in the Philippines happen to newborns. This can be attributed to premature birth, congenital defects and neonatal infections, all of which can be addressed by focusing on several aspects of health that will have a significant outcome on childbirth.



## **Go2Health's Optimal Birth Outcome and Well-Pregnancy Program**

is a personalized program that fosters the development of a strong and resilient utero. It lays out how to care for the mother so that the child develops and grows properly.



**The Optimal Birth Outcome program focuses on five aspects of health that are scientifically proven to have wide ranging effects for every pregnancy.**

1. Nutrition
2. Biotransformation & Elimination of Toxicants
3. Lifestyle
4. Preconception Period
5. Postnatal Period



# Nutrition

Localized scientific nutrition information to support reduced negative birth outcomes, achieve optimum growth and development of the baby and provide a stable environment from which both mother and child may spring from.

- Nutrients for Optimal Pregnancy
- Nutrients for Optimal Fetal Programming



# Biotransformation and Elimination of Toxicants

The program equips mothers with the practical knowledge of avoiding and substituting today's most commonly used harmful chemicals.



# Lifestyle - Support for Enhancing Resiliency In Utero

Support for lifestyle factors affecting fetal programming and development

- Stress Management
- Exercise in Pregnancy
- Sleep Management



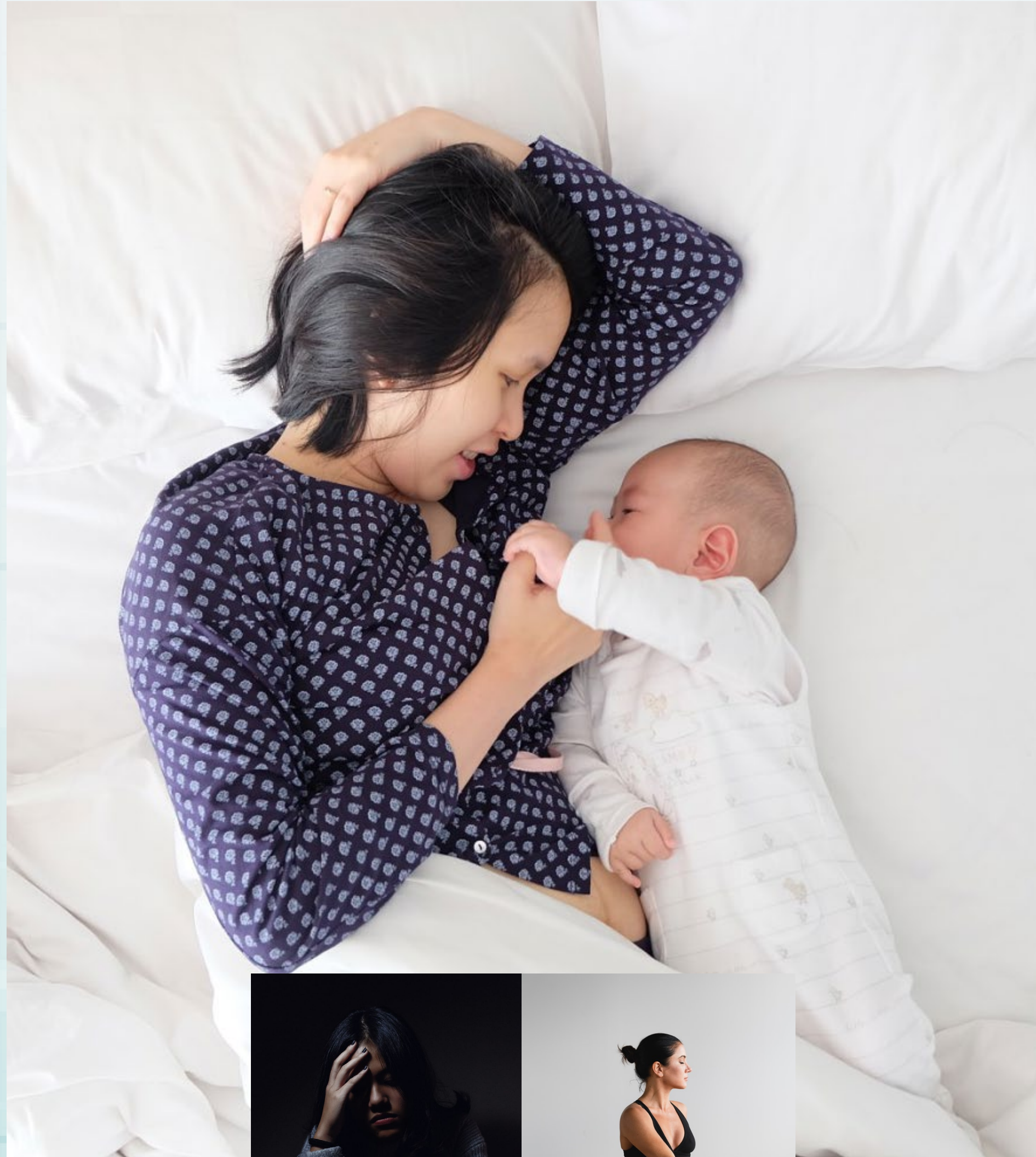




# Preconception Period\*

- High Blood Sugar
- High Blood Pressure
- Genetic Expression

\*if applicable



# Postnatal Period

- Post-partum Depression
- Post-Partum Body



# Go2Health Methodology - The 3 E Methodology:



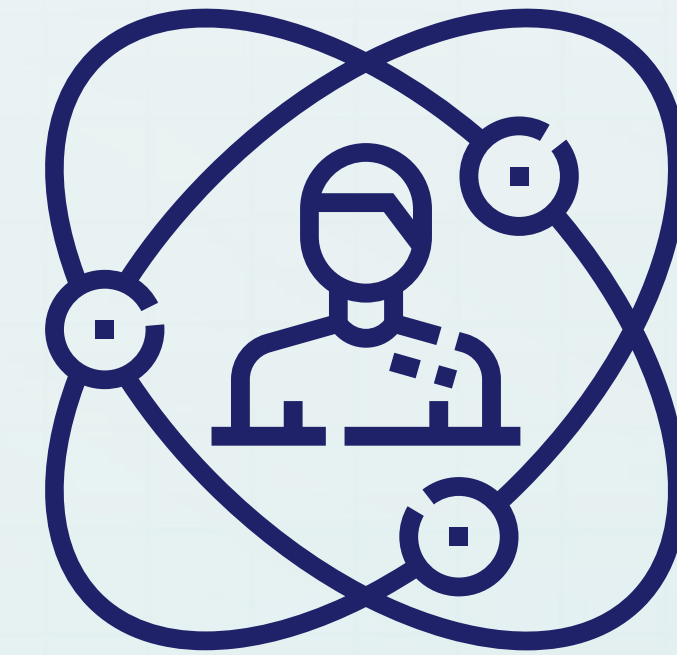
## EXPLAIN

the Functional Medicine physician provides information and guidance as to the different biochemical properties of foods and its therapeutic benefit to the biological design of the body and how it will help restore the body's physiologic resiliency.



## EXAMPLE

the Functional Nutritionist provides the specifics and details of the selected food types, classifications and ingredients. He is creates the Master List of foods that are beneficial and most appropriate for the client's identified deficits and imbalances.



## EXPERIENCE

based on the inputs of the FM physician and Nutritionist, the Culinary Medicine Chef creates healthful and tasteful recipes that provides the target nutrient densities and richness needed by the client's body systems.

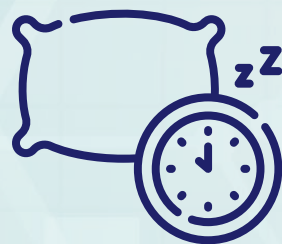
# Go2Health Optimal Birth Outcome and Well-Pregnancy Program

## LIFESTYLE ASSESSMENT



1. Comprehensive Health Protocol
2. Gut restoration protocol

## MIND BODY MEDICINE



1. Meditation Training
2. Massage Therapy
3. Healing Oils/Aroma Therapy
4. Sleep Optimization

## CONSULTATIONS



1. Functional Medicine Doctor
2. Functional Medicine Nutritionist
3. Fitness Professional
4. Yoga Instructor
5. Online & Onsite Consultation

## THERAPEUTICS



1. Health Retreat
2. Nutrition Intervention
  - Cooking Demo
  - Kitchen Raid
  - Menu Planning
  - Food Delivery
3. Exercise
  - Body Composition Analysis
  - Functional Movement Screening
  - Senior Fitness Test
  - Exercise Prescription

## INTEGRATIVE TREATMENT

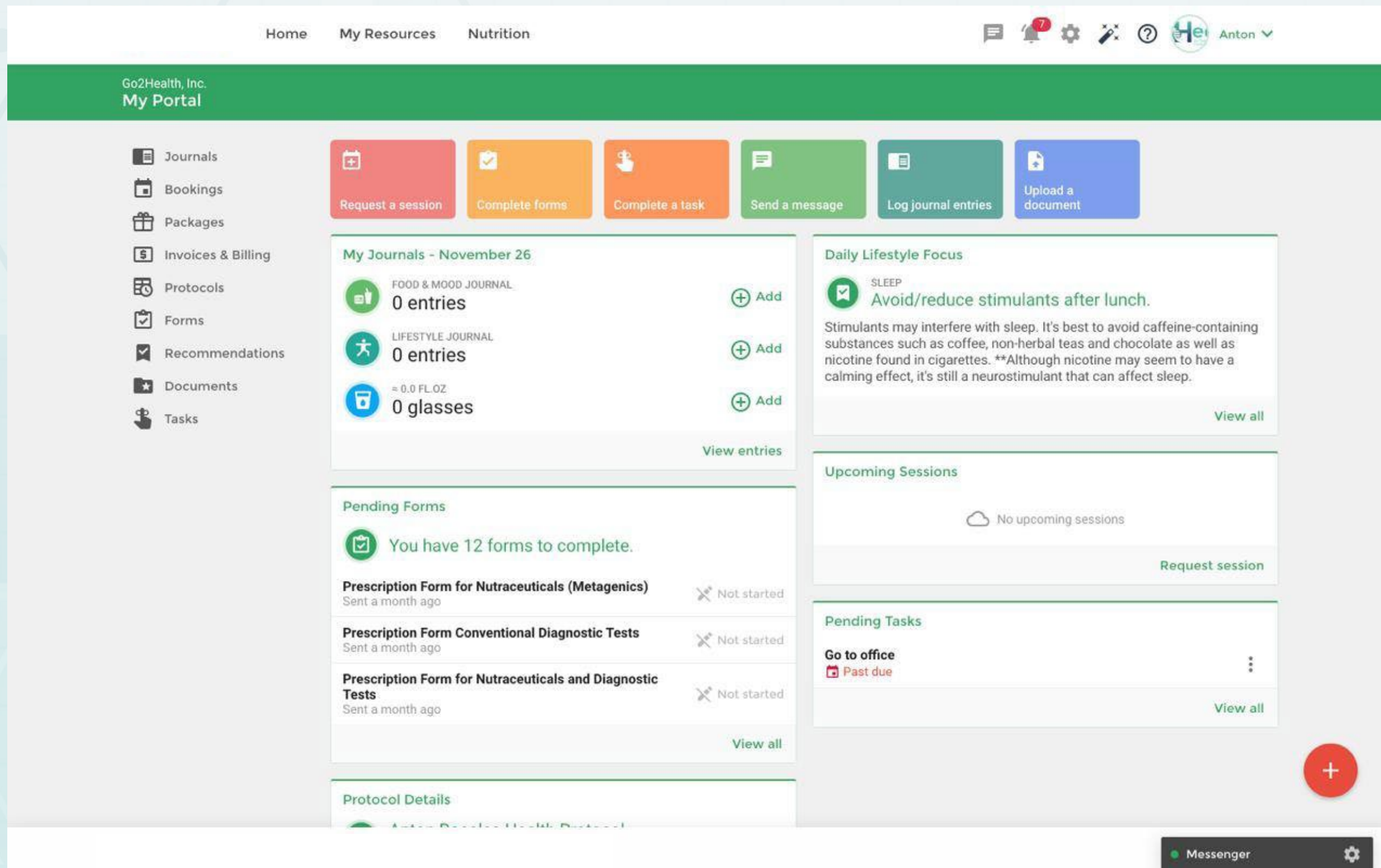


1. Ozone Therapy
2. IV Nutrients
3. Hyperbaric Oxygen Therapy
4. Peptides/Cell Treatment
5. Oral Nutraceuticals
6. Acupuncture
7. Chiropractic Treatment
8. IV laser Therapy

## DIAGNOSTIC TESTS



1. Comprehensive Nutrient Evaluation
2. Comprehensive Stool Analysis



# Go2Health Digital Platform:

Go2Health utilizes an online client management platform where both the client and the health practitioners have direct access to each other (thru online messaging and email notifications). Coordination, daily reports and updates, records and files, are managed with ease and real-time.



## Your Go2Health Health Care Team

- Functional Medicine Certified Doctor
- Functional Medicine Trained Nutritionist and Dietician
- Culinary Medicine Chef
- Mind-Body-Medicine Doctor
- Yoga Instructor
- Physical Therapist
- Acupuncturist



## Detailed components of our program:

- **Program briefing**

Discuss with the client the program contents and methodology

- **Program signup**

Client acceptance of the program proposal.

- **Initial consult**

Initial consultation with Doc Oyie regarding the current status of the client's health to create a personalized program

- **Program Kick-off**

Introduction of the health care team and the program's objectives and components to the client and his family, and brief presentation on the client's background and expectations

- **Diagnostics tests**

Client may undergo various diagnostic tests as recommended by the FM Doctor

- **Program Introduction – part of the client meetings**

-Healthcare team (FM Doctor, ND, Chef) will now discuss the program that they have created for the client together with their family.

-Prescription of Supplements

- **Kitchen raid**

Healthcare team will assess the kitchen (including the pantry of the client to let them know what is allowed and what isn't)

- **Physical Fitness assessment – free**

Fitness assessment by a PT in order to know the current status of the client's physical health and create a fitness prescription

- **Meditation – free one session**

- **Mind Body Medicine**

- **Yoga session – free one**

Regular physical activity (or as recommended by the PT and the FM Doctor)



- **Daily activities:**

- Daily online consultation

- Daily online sessions of the patient with FM Doctor, ND, and Patient coordinator to discuss daily concerns and feedback

- Daily recipes

- Patients are given recipes carefully designed by the healthcare team based on the food preferences of the patient and needs of the patient's body/condition

- Food journal, food pictures, food analysis

- Daily food journals are recorded (before and after photos of the food) in order to assess how much food was consumed by the patient.

- Online Cooking demo/instructions

- Cooking demo of the Chef to teach the patient the basic and necessary skills that they will be needing in most of the recipes

- Online Digital Platform by Go2Health

- System enrollment
  - Automated forms, questionnaire
  - Picture and docs uploading
  - Programs creation - with daily tasks for the patient

- Follow-up diagnostic test to monitor improvements

- Activities are created to provide an all around experiential program

- Videos to watch – additional info/knowledge
  - Articles to read – encouragement
  - Video greetings/messages from families and friends
  - Weekly webinars

- **End of Program**

- E-book containing the health protocol, food journal, recipes with cooking guide, food plan
  - Tshirt
  - Culminating activity – turnover of ebook, tshirt, recommended future recipes and food selection





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Consultation Clinic

Optimal Birth Outcome and Well-Pregnancy Program

Let's start your health journey today!

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