

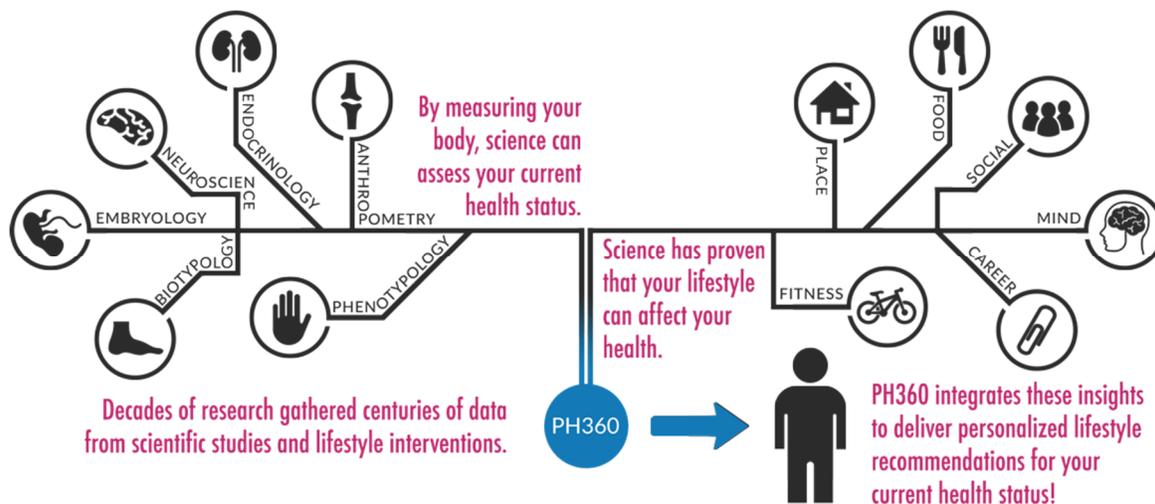
What is it?

Epigenetics is the future of personalised health and ph360 is a revolutionary and comprehensive personalised health platform using an online app, that calculates personalised health advice just for you, giving you information on what you need to do to optimise your health right now.

The information it delivers gives you specifics of your best **foods, exercise regime, sleep schedule, climate, and an in-depth understanding of your brain at work, socially and in general function.** Rather than giving you a whole lot of information about your genes that doesn't make sense, ph360 gives you the specific action to take, *i.e. the timing and type of foods that will support your optimal energy, recovery and brain function, your best time to sleep and then wake up, and so much more.* ph360 interacts with the application **Shae - Virtual Health Assistant**. Shae digs into your ph360 profile and prompts you throughout the day with health tips personalised to your genes, and your current health.

How does it work?

Your health test includes measures of your body, questions about your health history, genetic lineage, environment and lifestyle. Over 10,000 data points are captured during this process, calculated using a combination of Western genetics and Traditional Chinese & Ayurvedic principles, and this data is then used to calculate your current state of health and corresponding health advice. In short, it measures your genes, how they are currently behaving, and guidance on what to do to put your genes in their optimal state.



Ph360 tells you what your body needs right now, not just some generic diet or lifestyle program. It calculates a precise food plan, exercise guide and lifestyle choices for your unique body and mind that you can access from any connected device. Ph360 members report improvements in their weight, sleep, stress, digestion and pain levels in as little as a few days to a few weeks



...health by design, for You!

Ph360 gives you practical, actionable & specific lifestyle wisdom.

Foods to Eat

Over 700 food items ranked for your health and wellness.

Thought Explainer

Up to 24 specific insights into your neurotransmitters, hormones, and thought processes.

Vacation Planning

Plan vacations according to your Body Profile and circadian rhythm. Discover the time and place to go for rapid rejuvenation.

Social Compass

Discover the social interactions that will energize you, and those that will drain you.

Unlimited Updates

Update any time to keep your personalized plan current.

Powerful Data

10,000+ data points and 500+ physical measurement ratios calculate your unique Body Profile.

Environmental Insight

Learn 6+ specific environmental components most influential for your health.

Smart Learning

When you give feedback, your PH360 learns more about you, and modifies advice accordingly.

Skill Calculator

Target up to 18 natural talents so you can tailor your career to suit you.

Visual Tracker

Track your progress – BMI, BFI, water content, lean muscle mass, fitness index, weight, and measurements represented in a simple visual graph.

Personalized Fitness

Exercises designed for your body, with 1000+ to choose from.

How do you get started? First decide on a package* that suits you. Then you'll need to complete an initial 90-minute consult to take your measurements, complete your questionnaire and set up your profile. At the end of the consult you will have access to your personalised dietary and lifestyle interventions, both through your computer and the supporting Shae phone app. As you implement your personalised health recommendations and your body measurements and habits begin to change, we can update all your new data in the platform. These updates will then change your dietary recommendations where needed. It a dynamic platform that will match your health goals and objectives in real time. Want to lose weight, your dietary recommendations will reflect that, want to maintain your goal weight, your dietary recommendation will change to reflect that.



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Putting it into practice - The information on the platform is groundbreaking, however, most of us actually need ongoing support to execute the health behaviours that are important to us (even if we know what to do). A qualified ph360 practitioner like myself, can support you in putting the information into action and give you a greater understanding, help you know your natural tendencies, and then sustainably put it all into practice.

Who can it help?

EVERYONE! Regardless of your condition, your body needs to be in a state of rest and calm to heal. The ph360 platform gives you the information to use to reduce stress and inflammation, and give YOUR body the environment it needs to address many health conditions, fatigue, poor sleep, body fat, digestive issues, foggy brain function, and your health as a whole.

What to remember...

ph360 is the World's most advanced platform that gives you a guide to understanding what is going to be best for your body and your health. By using 15 different bodies of science, including genetics and epigenetics, you can KNOW the foods, exercise, social, work, mindset and environmental considerations that put your body in its best health, and give you the freedom you have been searching for to support your health with confidence. Use your profile in conjunction with help from a ph360 health professional to create real and sustainable change in your health!



Discover yourself, unravel all the secrets of your health and wellness, reach new balance and enjoy a happy and healthy life! Contact me for individual and group package options or further information.

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