

WORK MODULES & PRICES

Training and coaching services for nutrition and biohacking

VARIANT 1 - Master training

Master training Level 1 - 5.000 Euro + VAT

Master training Level 2 - 5.000 Euro + VAT

Master training Level 3 - 10,000 Euro + VAT

Master's level classes (Mastering emotions and mental programs) are elite programs designed for those looking for answers about the body, emotions and mind in relation to the nature of the reality in which we live and the way it works. These programs are conducted with me personally, one-on-one, with the goal of finding the direction or compass of navigation through this reality/matrix. Each module consists of over 24 hours (carried out through a month of training) of direct decoding of the programs that each one goes through on an emotional and mental level. This is not a theoretical course.

VARIANT 2 - Individual sessions

VARIANT 3 - Training packages

MODULE A

A. Nutrition and Systems Optimization (Basic Systems Optimization)

MODULE B

B. Enzymatic Nutrition and Biohacking

MODULE C

C. Advanced nutrition and anti-aging

MODULE D

D. ADVANCED Biohacking – Increasing Human Performance and EXTREME Training

VARIANT 4 - Coaching packages

VARIANT 5 - Training/coaching packages for corporations and companies

VARIANT 2 – Individual sessions

This option is simple and is for those who want to see each other based on individual sessions (45 minutes on average), without having a dedicated program.

- **Nutrition** – price 200euro/session (VAT Included) Initial consultation, interstitial scans and evaluation
- **Emotional and mental optimization (DeCode Project)** – 300euro/session (VAT Included)
- **Antiaging** – 450 euro/session (VAT included)

VARIANT 3 - Training packages

Each training phase/stage lasts around 30-40 days, depending on the pace of each one. When you finish it, you can move on or deepen what you learned during the training period. The rhythm is set by

everyone. Some stages need to be repeated. The advanced stages may take several months once you have received a module. Everyone is different. You have below the main training modules:

MODULE A

A. Nutrition and Systems Optimization (Basic Systems Optimization)

This is a START-UP program, especially if you haven't done anything so far. After one or 2 modules of this program you move on to the next level (See mode B).

Price: 450 euro or lei equivalent (without VAT)

Duration: 30-40 days

What does each programme (know-how) include?

- Detailed and customized nutritional program according to the initial evaluation, specific analyzes if necessary and EIS Scan (Tests are paid separately for those who offer them; for example: EIS Scan is available at Secom and costs 350 lei)
- Information on specific advanced add-ons and how to use them for tuning systems (Everyone buys them)
- Auxiliary procedures according to the proposed/declared purpose
- 2 sessions of 50 minutes during the nutritional program (live or phone/skype etc)
- Informational access to me through the media for clarifications and details
- Measurement of Basic Indices in the office (Tanita Body Mass Analyzer):
 - Weight:
 - Fat:
 - Muscles:
 - Bones:
 - BMI (Body Mass Index):
 - DCI (Daily Calories Intake):
 - Metabolic age:
 - Hydration Degree (TBW%):
 - Visceral fat:

Additional information about this program is available upon request:

- Mail: office@gabrielpesa.com
- Tel: +40726678526

What do you learn?

- What are the rules of common sense in nutrition and how to integrate them into your life?
- How to listen to your body not go against it?
- What does biohacking mean and what does it mean as actions in everyday life?
- What are the most harmful things and how to balance them step by step?
- How do you decode guilt from nutrition?
- What simple but highly effective tools do you have at your disposal in optimizing nutrition?
- How can you eat what you like but eat healthy at the same time?
- What are the main vitamins that the body needs to function properly?
- What are the most harmful pitfalls in nutrition and how can we avoid them?
- What are the tools to counterbalance the main mistakes that each of us makes frequently?

MODULE B

B. Enzyme Nutrition and Biohacking (AMPK/Mtor Optimization), Other Advanced Optimization Modules

This is a more advanced program and is dedicated to those who have already come into contact with nutrition or have done the initial nutritional optimization modules. Then you can move on to the next level if you have reached the minimum level of hydration. (See below).

Price: 900 euro or lei equivalent (without VAT)

Duration: 30-40 days

What does this module (know-how) include?

- Detailed and customized nutritional program according to the initial evaluation, specific analyzes if necessary and EIS Scan (Tests are paid separately for those who offer them; for example: EIS Scan is available at Secom and costs 350 lei)
- Information on specific advanced add-ons and how to use them for tuning systems (Everyone buys them)
- Auxiliary procedures according to the proposed/declared purpose
- 2 sessions of 50 minutes during the nutritional program (live or phone/skype etc)
- Informational access to me through the media for clarifications and details
- Measurement of Basic Indices in the office (Tanita Body Mass Analyzer):
 - Weight:
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 - Muscles:
 - Bones:
 - BMI (Body Mass Index):
 - DCI (Daily Calories Intake):
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 - Visceral fat:

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What do you learn?

This module will present the basics of ketogenic nutrition and how nutrition can be used as a tool to optimize daily activity and in Biohacking

Topics:

- Paleo nutrition and the history of human nutrition
- Ketogenic Nutrition vs Atkins Diet
- Low carbs High fat vs High Carbs Low fat
- The main effects of ketogenic nutrition on the body and brain
- Fasting and interval fasting (Intermittent fasting)
- Using the post as a biohacking tool
- The effects of fasting on longevity and health

Who is it for?

- People who carry have disorganized nutrition;
- People who do not have much time to eat;
- People who need a lot of physical and mental energy;
- People who want to increase/improve their physical and mental performance;
- Parents;
- Managers, directors;
- Entrepreneurs;
- To all those who want to extend their life and health.

Why?

- You learn lesser-known things about nutrition and how the human body works;
- Learn how to compensate for some nutritional mistakes;
- You can increase your available energy every day;
- You increase physiological and cognitive efficiency (energy, focus, attention, coordination, endurance, creativity);
- Find out some secrets and biohacks.

MODULE C*C. Advanced nutrition and anti-aging*

Price: 1800 euros or lei equivalent. (excluding VAT)

ATTENTION: This program cannot be available if you do not have a minimum of 63-65% hydration (Total Body Water). See below explanations

Duration: 30-40 days

What does this module (know-how) include?

- Calibration of the 5 basic pillars in advanced nutrition: Water, Oils, Enzymes, Amino Acids and Antioxidants
- Advanced system optimization through nutrition, supplements and biohacking.
- The possibility of adjusting biological systems according to genetic tests, interstitial or advanced test panels (Allergies, heavy metals, hormonal panels and neurotransmitters; These tests are paid separately for those who offer them)
- Information on specific advanced add-ons and how to use them for tuning systems (Everyone buys them)
- Auxiliary procedures according to the proposed/declared purpose
- 2 sessions of 50 minutes during the nutritional program (live or phone/skype etc)
- Measurement of Basic Indices in the office (Tanita Body Mass Analyzer):
 - Weight:
 - Fat:
 - Muscles:
 - Bones:
 - BMI (Body Mass Index):
 - DCI (Daily Calories Intake):
 - Metabolic age:
 - Hydration Degree (TBW%):
 - Visceral fat:

Additional information about this program is available upon request:

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What do you learn?

This module will present the basics of ketogenic nutrition and how nutrition can be used as a tool to optimize daily activity and in Biohacking

Topics:

- Bio Reset Modules
- Essence restoration – initial phase
- Neuronal optimization and expansion of normal limits for brain use
- Cell, organ and system regeneration
- Restoring the skin and elasticity.

- Growth of several types (skin, muscles, bones, etc.)
- Advanced oxidative stress compensation and rejuvenation mechanisms

MODULE D

D. ADVANCED Biohacking – Increasing Human Performance and EXTREME Training

Price: It will be set punctually according to the desired target. See prices/hour below for Working Option 3

Duration: depending on the target

What does this module (know-how) include?

- Calibration of biological performers for extreme training.
- Control and monitoring of basic biological parameters (Blood Pressure, HRV, Sleep, Glucose, Ketone in the blood, etc.)
- Advanced system optimization through nutrition, supplements and biohacking.
- The possibility of adjusting biological systems according to genetic tests, interstitial or advanced test panels (Allergies, heavy metals, hormonal panels and neurotransmitters; These tests are paid separately for those who offer them)
- Auxiliary procedures according to the proposed/declared purpose
- Meetings or sessions are scheduled according to needs (live or phone/skype etc)
- Measurement of Basic Indices in the office (Tanita Body Mass Analyzer):
 - Weight:
 - Fat:
 - Muscles:
 - Bones:
 - BMI (Body Mass Index):
 - DCI (Daily Calories Intake):
 - Metabolic age:
 - Hydration Degree (TBW%):
 - Visceral fat:
- Additional information about this program is available on request: bralgei@yahoo.com

What do you learn?

Advanced Biohacks and Secret Techniques.

Topics:

- Optimizing metabolism for extreme conditions and performance.
- Extreme Sports, Marathons, etc.
- Rapid recovery protocols in extreme conditions or accidents
 - Regeneration and augmentation techniques
 - Intravenous solutions
 - Advanced Nutrition & Supplements Combo Solutions
- Boosting the performance of the human body – endurance and productivity
- Procedures based on Stem Cells, Exosomes and Peptides
- DNA optimization (epigenetics); Gene editing via CRISPR soon
- Mitochondrial Optimization
- Antiaging and essence restoration – advanced phase.
- Advanced optimization of systems and basic needs according to the proposed target
- Flow Genome Project
- Increasing neural and cognitive performance with the help of Nootropics – Basic techniques for brokers, managers, salespeople, negotiators, etc.)
 - Focus
 - Resistance
 - Clarity
 - Speed
 - Overview, etc
- DeCode Project
 - Emotional Management - Programs
 - Mental Management - programs
 - Human Design – self-knowledge and optimization techniques
 - Gene Keys – human genome optimization project

- ReSEX (Recoding Sexual Energy) Optimizing sexual energy for use in business and prosperity

VARIANT 4 - Coaching packages

This option is available for training/coaching in different fields (Sports, Education, Business and Marketing, Negotiation, etc.).

This is where the coaching and training part comes in for those who aim to increase or expand the performances they already have or have reached a plateau point in their career.

- **Basic coaching** – 250 Euro (Lei equivalent)/hour (**without VAT**)
- **Advanced coaching and biohacking** – 300 Euro (Lei equivalent)/hour (**without VAT**)
- **Monthly packages** - Depending on the nature and target set, they can also make monthly training/coaching packages. The rate will be set according to the hours involved.

VARIANT 5 - Coaching/training packages for corporations or companies

This option is available for training/coaching in different fields (Sports, Education, Business and Marketing, Negotiation, etc.). This is where the coaching and training part for companies that aim to offer their staff different upgrade options comes in.

The goal is simple: if employees work better and the company benefits from higher productivity. It's a kind of win-win. I generally work at the top management level but I am willing to different collaborations and interesting projects.

The price calculation is made according to the number of hours of actual training, the number of people involved in the workshop, the number of hours of training and the type of information disseminated (nutrition/biohacking). For antiaging see individual packages.

Individual training can be done with the staff designated in the project or with a group.

- **For individual coaching/training with company members** (minimum 5 people, minimum one session/month):
 - **Nutrition** – price 200 euro/session (average 45 minutes) (VAT included)
 - **Biohacking - Emotional and Mental Optimization (DeCode Project)** – 300 euro/session (average 45 minutes) (VAT Included)
- **Group Coaching - Nutrition** (minimum one session/month)
 - 300 Euro (Lei equivalent)/hour (up to 5 people) (**without VAT**)
 - 600 Euro (Lei equivalent)/hour (5-10 people) (**without VAT**)
 - 1200 euro/(Lei equivalent)/hour (10-20 people) (**without VAT**)
 - 60 euro/hour/person (over 20 people) (**excl. VAT**)
- **Group Coaching – BIOHACKING** (minimum one session/month)
 - 450Euro (Lei equivalent)/hour (up to 5 people) (**without VAT**)
 - 900Euro (Lei equivalent)/hour (5-10 people) (**without VAT**)
 - 1800 euro/(Lei equivalent)/hour (10-20 people) (**without VAT**)
 - 90 euro/hour/person (over 20 people) (**without VAT**)
- **Monthly packages** - Depending on the nature and target set, they can also make monthly training/coaching packages. The rate will be set according to the hours involved.

CONTACT:

Additional information about these programs is available on request:

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