Nutrition
www.gabrielpesa.com

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 who are looking for answers about the body, emotions and mind in relation to the real nature in which we live and how it works. These programs are carried out again with me personally, one by one, with the aim of finding the direction or compass of navigation through this reality/matrix. Each module consists of over 24 hours (during 1 month of training) of direct decoding of the programs through which each one goes on an emotionaland 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

- **Isometric Equipment – "Under 2MS" System Under 2 mili seconds** – Read about this system: https://bralgei.com/ro/super-antrenament-izometric-vs-clasic-sport/ PRICE: 250 Euro/hour (Without VAT)
- **The alchemy of sexual energy:**
  - Individual sessions: 250 Euro/hour (Without VAT)
  - Full course: 900 Euro/excl. VAT
- **Navigator through reality – Module 1, 2, 3 – Intensive Training – 1 Week (to be performed in separate order, each one week or depending on the situation)**

  Price: 5000 Euro Without VAT, each module (Training + Accommodation + Food)

- **Elegant Predator: Full Training:** 1800 Euro (Without VAT)

VARIANT 5 - Training/coaching packages for corporations and companies

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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.

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- **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:
  - Musks:
  - 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 andhow to integrate them into your life?
- How can you keep your body from going against it?
- What does biohacking mean andwhat does it mean as an action in everyday life?
- What are the most harmful things andhow to balance them step by step?
- How do you decode guiltfrom nutrients?
- What simple but highly effective tools do you have at your disposal innutrition optimization?

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- How can we keep up with what we like but how can we get to know each other at thattime?
- What are the main vitamins that the body needs to functionproperly?
- What are the most harmful nutrient traps andhow can we avoid them?
- What are the tools to counterbalance the main mistakesthat each of us frequently makes?

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):
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  - 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:

- 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

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- 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 toincrease/improve their physical and mental performance;
- Parents;
- Managers, directors;
- Entrepreneurs;
- To all those who want to extend their life and health.

Why?

- Learnlesser-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;
- Physiologicaland 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:
    - Musks:
    - Bones:
    - BMI (Body Mass Index):
    - DCI (Daily Calories Intake):
    - Metabolic age:
    - Hydration Degree (TBW%):
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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:
  - Musks:
  - 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

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- 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 includes the coaching and training part 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.

COMPLETE MODULE:

Isometric Trainer – Under 2MS System Under 2 Thousand Sececonde – Read about this system: https://bralgei.com/ro/super-antrenament-izometric-vs-clasic-sport/

PRICE: 250 Euro/hour (Without VAT)

The alchemy of sexual energy:

- Individual sessions: 250 Euro/hour (Without VAT)
- Full course: 900 Euro/excl. VAT

Elegant Predator: Full Training: 1800 Euro (Without VAT)

This is a private practice training that will guide you through the urban jungle you think you know. You need **ENERGY, SPEED, PERCEPTION and EXPERIENCE** to succeed. We were led to believe that we were at the top of the food chain. We are not. Do you think you know the 3 main laws of nature? If you do, there is no place for you here, you have already passed this level. Do you think you're a predator? Think again. Do you even know what a predator is? I intend to share with you my experience and knowledge from this jungle. I'll give you what you need to navigate through the Urban Jungle. It's like a map with tips and tricks that you can observe from a distance, to avoid traps and unnecessary energy losses. Remember, it's all about energy. Always watch the energy and you will find the truth. **"What I can't give you is courage and curiosity, but I hope I can inspire you"**

Navigator through reality – Module 1, 2, 3 – Intensive Training – 1 Week (to be performed in separate order, each one week or depending on the situation)

Price: 5000 Euro Without VAT, each module (Training + Accommodation + Food)

Our Reality User Manualand Navigation Mode (Basic Instructions)

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Practical and theoretical workshop for curiouspeople andresearchers, on learningand assimilating the minimum navigation skills in this modern reality of 2025. Codes, programs, techniques, keys and physical, emotionaland mental skills.

Description

This training is a condensed form of the Master Training modules (1, 2 or 3), which have been assembled considering that time is in constant compression and what is happening nowadays is moving towards an area of growing chaos. We all need a minimum user manual and navigation keys in this reality/life. Below isa description of the main points of the Master Training mode: https://bralgei.com/master-training-classes/

and synopsis: https://bralgei.com/wp-content/uploads/2025/02/Sinopsis-Master-Training-Level-1-3.pdf

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)**
  - 1200euro/(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)**

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- **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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