Consultation with Yohan

FUNCTIONAL MEDICINE PRACTIONER

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STEPS TO ENROLL

Step 1

Read this document carefully, especially the blood tests and rules to follow before blood tests sections on page 6 & 7. Also read the FAQ section on the **consult page** of the website carefully.

Step 2

Whatsapp my team member Shalaka here to schedule a free 15 min call with me to get your doubts about the document addressed.

Step 3

Book all the tests that you need to get done. Atleast 2 days before doing the tests, whatsapp Shalaka, & she will explain the rules to follow before testing to you. After the samples are submitted, whatsapp Shalaka on the number given above. We have a group from where we get all reports so dont wait for results to come.

Step 4

Complete all the steps that Shalaka tells you to properly (filling my questionnaire indepth, making the payment, signing a form, and sending the reports).

Step 5

Once all the steps are completed, Shalaka will schedule a call with you based on our mutual availability. Interpretation Call is scheduled within 1 week of receiving your questionnaire (may take 2–3 weeks if busy). For multiple test categories, I review one every 2 weeks. Thanks for your patience.

Step 6

I give you the indepth analysis of your bloodwork and issues along with the diet lifestyle and supplement interventions in our consultation. You get all your doubts addressed about the same and start with implementing the designed protocol properly.

Step 7

Protocol Implementation- Follow your personalised plan exactly for 3 months before judging results. After following the protocol for 3 months, you retest atleast whatever was wrong the first time and come to me for a follow up consultation, so we can see how things have changed & where you stand symptomatically. After this I can setup a maintenance plan for you.

Yohan Tengra

Functional Medicine Practioner

Functional medicine views the body as one interconnected system. I use cutting-edge labs (blood chemistry, genetics, microbiome, toxins, hormones, etc.) to locate root-cause imbalances, then correct them with research-backed diet, lifestyle and targeted nutrients, resolving symptoms and slashing future disease risk.

150+
patients

70+
Verified Testimonials

Click here to view all

Please carefully read the FAQ section on the website consult page.

WHY CHOOSE US OVER OTHER PRACTITIONERS

01.

Every Symptom You List Gets Addressed

02.

190+ Biomarkers, Interpreted as One System

03.

Research-Grade Ranges, Not Generic "Normal"

04.

Evidence-Backed Recommendations Only

05.

Clinical-Trial-Based Protocols (Not Guesswork)

06.

No Quack Tests or Hype Therapies

07.

Cost-Conscious Plans Without Cutting Corners

08.

Precision Testing Standards for Accurate Results

09.

Whole-Body Expertise, Not One-Niche Care

10.

Trusted by Other Practitioners for Complex Cases

11.

Proven Track Record With Strong Testimonials

12.

Food-First Plans That Expand Your Diet Over Time

13.

Clear, Prioritised Action Plan (No Confusion)

14.

Built by Someone Who's Been a Complex Patient

15.

Works With Your Doctor, Not Against Them

ARE YOU CONFUSED ABOUT **WHICH TESTS TO TAKE?**

1 Comprehensive blood work is mandatory

For every client I see, I do not work with them unless they get comprehensive blood work done. So regardless of whatever disease or set of symptoms you have, you need to run all of the blood tests mentioned below. This is mandatory.

2 Most people see 40-70% improvement with blood work

If you are on a budget, then just start with comprehensive blood work, and implement the solutions I give you after I analyse the same. This will solve anywhere between 40-70% of the problem for most people. For other tests, you can take it one by one in the future to dig deeper, depending on your budget, issue, and goals.

3 Genetic test for long-term support

I highly recommend getting your genetic test done. This is a once in a life time investment which will give me your life blueprint, health risks, disease risks, and tons of other data which will help me in telling you what you need to be careful about throughout life and how you should keep your diet, lifestyle, and supplement regimen for a maintenance basis throughout life. This test is one of the best investments you can make for your health from a long term perspective.

4 Gut specific add-on tests

If you are struggling with gastrointestinal symptoms such as bloating, belching, flatulence, acid reflux, abdominal pain, diarrhoea, or constipation, it is important to complete the gut-specific tests I recommend. These tests help us identify the underlying causes of your digestive complaints more accurately. Your bloodwork protocol will include interventions to reduce gut-related symptoms, but for longer-term management and resolution, targeted gut testing is often essential. Please note that if you choose to run these gut tests, the consultation to interpret them is priced separately. Details are provided below on page 11.

6 Other conditional add-on tests

After reviewing your bloodwork and questionnaire, I will let you know during our consultation call if any additional tests are needed. These add-on tests may help investigate specific areas more deeply, either to better understand & resolve your symptoms or to identify and reduce potential future health risks. If these add-on tests do not reveal any major concerns, I will communicate the findings to you on WhatsApp at no additional fee. However, if significant issues are detected and a further discussion is required over a call, that consultation time will be charged separately. Details are provided below on page 11.

BLOOD WORK

(ALL 4 LABS ARE MANDATORY)

CLICK HERE for full list of markers covered in all 4 labs.

Please note: I only want this done from the labs which I have mentioned below. Please follow all instructions on the next page for your results to be accurate.

Post protocol retesting is mandatory after 3-months, at least for what was off the first time

AARTHI SCANS AND LABS Link

Rs. 8,200

If you are located in a city where Aarthi labs is available (check by clicking the link above), call/whatsapp the number for your city from the website, copy paste the names of the tests mentioned below to them, and schedule a home collection.

Test names : Choose one **Biohacking India - Men** **Biohacking India - Women**

Incase of any difficulty in booking the Biohacking India package, please call/whatsapp Rajeshwari on 7824804125

Note for the patient : Please make sure the blood test person collects 1 Fluoride tube, 2 EDTA tube, 1 Citrate tube, 1 Heparin tube, 2 serum gel tube, 1 urine container. Failure to do this will result in delays & re-collections.

You can access your reports on this portal - link

LALPATH LABS

Rs. 6,100

Micronutrient Deficiency Screen
Lead, Blood
(Click on them)

Sometimes technician might not have a vial for the micronutrient test, if that is the case go to a nearby centre & get it done.

LIPOMIC LABS

Rs. 1,500

Omega Balance Test Plus (click on it)

Only after receiving the kit (not before), Click on "Register kit", then click on "Create account", then click on "Healthcare professional account", then fill in your details along with my B2B ID "B-0029-LHC"

PHARMEASY

Rs. 850

1,5 Anhydroglucitol (Click on it)

Rs. 8,200	Rs. 6,100	Rs. 1,500	Rs. 850	**Total Cost = ₹16,650**

RULES TO FOLLOW BEFORE BLOOD TESTS

(Please follow all the rules for the tests mentioned below in order for your results to be accurate. Failure to do so will result in misdiagnosis).
Ignore all the rules of the lab and only follow my rules listed above and below.

Watch the video that summarises the rules referenced below

Fasting & Timing

- **Fast atleast 10 h**, ideally 12h (never > 14 h). (impacts many markers)
- Schedule all Aarthi labs **between 8 -9 a.m.** (impacts TESTO & CORT; not doing in the morning impacts INS, GLU, TSH, PROL, %SAT, ZINC, CAL, PHOS also)
- Make sure test is done **more than 2hrs after waking up**, never test less than 2hrs after waking up. (for PROL & CORTISOL)
- Practical way to do this is to **finish dinner at 8, sleep at 10, wake up at 5, test at 8am**

Products to stop prior

- 4 days before testing, **stop Biotin or B-complex; only if biotin content > 1 mg/day**. (impacts many results)
- 1 day before testing, **stop Vitamin C if more than 500 mg/day**. (impacts many results)
- 2 days before testing, **stop DHEA**. (DHEAS result)
- 1 day before, **No heparin medication**. (impacts FT3, FT4)
- **No thyroid medication** on the morning of the test (for FT3 FT4 TSH)

Other important rules to follow before the test

- **Ensure intake of usual supplements, ayurvedic compounds & medicines until the day before (unless mentioned otherwise above)**, then leave a 24 h gap before blood draw. (for many results)
- **Tourniquet shouldn't be on for >1min** (for ALB, CAL, CHOL, ALT, CK, CREAT, GLU, CL, IRON). If not done in 1 min, remove for 2 mins, then restart collection, or switch arm.
- **Make sure phlebo is not wearing gloves**, ask him to use sanitiser (for MINERALS & METALS)
- Make sure **you are seated (not lying down or standing) 15 minutes prior to the blood draw** with no change in position. (after sitting 15mins, short walk is ok, sample must be collected asap. If getting up before 15 mins over, start timer again) (for HB, HCT, RBC, WBCs,ALB, CAL,BIL, CHOL)
- **No workouts** (including cardio, weights & HIIT) **atleast 3 days prior**, ideally 1 week gap (for CPK, AST, ALT, LDH)
- **Stay adequately hydrated the day before.** (for HB, HCT, RBC, BUN, ALB, CREAT, NA, K, CL,
- GLUCOSE, APOB, HDL)
- Urine test only use **first morning sample**, **& only mid stream** (for heavy metals & UACR). **(Get urine container from Blinkit beforehand and wake up & collect in that)**
- **No alcohol, smoking or smoking up** the day before (2 days if heavy drinking). (GLU, TRIG, LFT) **No chewing gum, tea or coffee** before collection (alot of markers)
- In the 2 days prior to the test, **avoid sleep deprivation, night shifts, all-nighters, major time-zone shifts, and unusual wake times** (for CORTISOL)
- **Zero illegal drugs** (Cocaine, MDMA, Ecstasy, LSD, Psilycibin, Ayahuasca, etc) 1 week prior (many results)
- For men : **Don't ride a bike/cycle and masturbate** 2 days before the test. (for PSA)
- **If you are ill with a cold**, wait for 1 week after recovering completely to do your blood tests

Hormone Timing for Menstruating Women

(based on 28 day cycle)

Test	Cycle Day	Part of Package?
Estradiol, FSH, LH, Androstenedione	2-4	Included (17-OH & Androstenedione aren't)
17-OH Progesterone (8am sample)	2-4	Add on
DHEA-S	2-12	Included
Progesterone (+ repeat Estradiol)	19-22	Add-on

*If cycles are irregular, ask me for adjusted timing. Other labs can be done any day.

ADVANCED TESTS

Genetic Testing
Total cost : ₹22,000

Selfdecode Genetic Test - Whatsapp Shalaka here with your full name, phone number & address to book the test.

Please don't wait for this result to come in order to start the blood work consultation, as it will take 1-2 months.

DATAR CANCER GENETICS
UNITED KINGDOM | UNITED STATES | GERMANY | INDIA

Cancer Screening
₹7,500 (covers all cancers)

(Whatsapp me personally on 8097333895 for more details & booking the test.)
Test name : Easycheck pragma from Datar Diagnostics

My Analysis & Protocol Cost

Comprehensive Blood Protocol — ₹15,000

Personalised protocol on the basis of your blood-work, health history, symptoms, present lifestyle and diet (max time cap 2hrs)

Analysing blood retest -
₹7,500 per hour minimum. If going overtime, ₹1875 per 15 mins.

Follow up mid-protocol -
15 mins minimum at ₹1,875

Advanced Diagnostics

GUT MICROBIOME PROTOCOL
₹10,000

GENETIC PROTOCOL
₹10,000

CANCER PROTOCOL (if detected)
₹10,000

For each of the above, **max time cap for session is 1.5 hrs**

Analysing any retest of gut microbiome test or organic acids amino acids - ₹5000 an hour minimum, ₹1250 per 15 mins overtime

PLEASE NOTE - The prices are exclusive of cost of the tests and supplements. After the analysis call is over, you will have 48 hours more to ask me related questions.

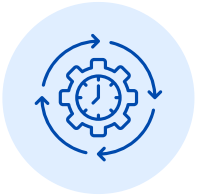
DISCOUNTS ON ANALYSIS COMBOS

Only blood test analysis	No discount
Blood test + 1 advanced test analysis	Rs. 1250 off total
Blood tests + 2 advanced test analysis	Rs. 2500 off total
Blood tests + 2 advanced test analysis + Cancer (if detected)	Rs. 5000 off total

IMPORTANT THINGS TO KNOW
ABOUT WORKING WITH ME

One-Time Consult + 48-Hour Window

- Our deep-dive call is a single session.
- You have 48 hours afterward for quick follow-ups; side-effect emergencies are the only later exception.
- Any further questions or protocol changes require a paid follow-up.



Commit to Consistent Execution

- Results depend on strict daily adherence—use habits, schedules, or a health coach to stay on track.
- Mindset and motivation are as important as the plan itself.

Supplement-Intensive by Design

- Expect multiple capsules daily—pure, evidence-based nutrients that food alone can't supply.
- Complex conditions need robust dosing; if "too many pills" worries you, resolve that before we begin.

Handling Rare Side Effects

- If a new symptom appears: whatsapp me & I will guide you as part of the plan at no additional cost

TERMS AND CONDITIONS

These are my terms and conditions, if you would like to sign up with me to work with you on your health. Please read them carefully.

How often should you test?

- Repeat comprehensive blood work every 3 months (minimum once a year) to spot patterns and fine-tune your plan.

Three-Month Checkpoint

- After 90 days we can add deeper labs, lifestyle & diet tweaks, extra supplements if you wish to progress further (fees apply).

Supplement timing & dosing, how to manage reactions?

- Start all recommended supplements together; full benefits emerge in ≈ 3 months.

  Stick to the exact doses/timing—clinical results rely on them. Lowering or skipping doses voids expectations.

- Serious or long-standing conditions often need many compounds; two-or-three pills and diet tweaks are not enough.

- If you develop diarrhoea or vomiting, message me so I can adjust doses.

- For any other side effect, message me and I will guide you as part of the plan.

Communication Boundaries

- Ask all dosage, interaction or side-effect questions during the interpretation call; you'll receive the call recording.

- A 48-hour window after the call is available for quick clarifications—beyond that, book a paid follow-up.

Quality & Sourcing; Deepening your knowledge

- All supplements are evidence-based and safety-screened; you will require an iHerb account for overseas brands.

- I can share trusted resources if you'd like to study functional-medicine topics further.

Disclaimer

By engaging my services you:

- Accept my evidence-based reference ranges. **All test results will be interpreted using the functional ranges I provide, not the lab's conventional ranges.**

- **Are paying for my time, research & expertise; not guaranteed outcomes**. Your fee covers my time, research and personalised protocol. **Results, while highly probable, cannot be guaranteed. Refunds are not offered if expectations aren't met or if advice/supplements are unused due to individual sensitivities or genetics**. **Not getting results you expect doesn't mean you are liable to get free consulting time later or get me involved on text to troubleshoot the issue; you are paying me only for the main consultation call and any more consulting after that would be paid.**

If you have any questions or doubts about anything mentioned above, I offer a **free 15-minute call**. If you need this, email me to schedule it.

Please give me a detailed feedback after 3 months

☐ I understand and agree with all the terms & conditions mentioned above & will abide by the same to the best of my abilities.

SIGNATURE

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