



# THE LAZARUS METHOD

The Lazarus Method is an innovative health approach that strategically merges in-depth diagnostic assessments with customized Functional Medicine recommendations.

Our exclusive system empowers you to effectively harness the **Essential Elements** to attain peak health and performance.

**[LazarusMethod.com](https://LazarusMethod.com)**





# Is The Lazarus Method Right for You?

Imagine yourself waking up each morning, charged with invigorating energy, crystal-clear mental focus, and vibrant physical well-being. Envision a life where you consistently excel, achieve your goals, and operate at your peak potential. This vision can become reality with a groundbreaking solution that combines personalized care and state-of-the-art technology to reveal your distinct physiology.

Let us guide you through The Lazarus Method's Essential Elements of Health, crafted from over a decade of in-depth expertise in Functional Medicine, Clinical Nutrition, and Exercise Science. With our tailor-made blueprint, you can unlock your genetic potential and manifest the extraordinary life you've always desired. Embrace this transformative journey and become the best version of yourself!

**Do you experience annoying symptoms or have a recent diagnosis?**

**Are you trying to lose weight or gain muscle?**

**Do you struggle with fatigue and lack of energy?**

**Are you lacking motivation or drive?**

**Are you looking for work life balance?**

**Are you interested in functional preventative medicine?**

**Are you a competitive athlete interested in performance?**

**Are you curious about the recent technologies in anti-aging?**

The Lazarus Method is an innovative health approach that strategically merges in-depth diagnostic assessments with customized performance recommendations. Our exclusive system empowers you to effectively harness the Essential Elements to attain peak health and performance.



# THE METHOD

A proven system that will elevate all aspects of your life.

The Lazarus Method transforms your life by addressing how our Essential Elements will support your optimal health and performance.

- 1 NOURISH**  
Integrate cutting edge personalized nutrition plans.
- 2 REST**  
Achieve optimal sleep strategies and relaxation methods to calm the body and mind.
- 3 MOVE**  
Apply an assortment of physical activity and fun recreation.
- 4 LEARN**  
Expand your perspective with essential health knowledge.
- 5 CHALLENGE**  
Create personal goals which facilitate inspiration and motivation.
- 6 CONNECT**  
How you interact with your surroundings and your relationships with family and friends.



We help you identify your current connection to each Essential Element through simple evaluations, functional medicine diagnostic tests, labs, and a comprehensive evaluation.



# Getting to know you.

## Getting to know you.

### YOUR UNIQUE HEALTH PROFILE

In today's fast-paced world, understanding your health status is more important than ever. The Lazarus Method's proprietary algorithm is an essential tool for everyone seeking to optimize their well-being and create a personalized roadmap for success.

### COMPREHENSIVE ASSESSMENT

Your initial comprehensive assessment is performed using cutting edge functional labs and tests, questionnaires and a physical examination. This comprehensive assessment is used to calculate your health grade, biological age and identify areas for improvement.

### PERSONALIZED HEALTH IMPROVEMENTS

By quantifying your current state of health across the seven essential elements, the Lazarus Method provides a comprehensive understanding of your strengths and vulnerabilities. This invaluable insight enables you to make simple and immediate improvements.

## Taking Action.

### YOUR PRESCRIPTION

Your personalized Prescription is created based on your Health Grade, and it outlines the approach that is best for you. This includes personalized nutrition and exercise guidelines, mental fitness techniques, nutraceutical formulas, metabolism strategies and much more.

### TRACK YOUR PROGRESS

We believe in progress, not perfection. Our proprietary belt system tracks your progress, making your health improvement progression fun and engaging. This serves as the foundational element of our method and significantly contributes to your success.

### USER-FRIENDLY DASHBOARD

The intuitive and visually appealing dashboard allows you to track your progress effortlessly, keeping you motivated and engaged throughout your journey. You'll be able to see the positive impact of your efforts in real-time, providing you with a powerful incentive to stay committed to your goals.

### HEALTH IMPROVEMENTS ARE DOCUMENTED

Our programs will enhance your health, your body, and your life. You will feel it but it's vital to also show it. Your final assessment is performed, and your measurable health improvements are documented. Your new and improved health grade and biological age is presented.







## Getting Started.

# Repair, Train, Master & Maintain

*Four Phases designed to incorporate the **Essential Elements***

### REPAIR

Do you have annoying symptoms such as fatigue, GI Issues, weight gain, headaches, insomnia or brain fog? Are you suffering from an acute or chronic health condition and have been unsuccessful with traditional medical and pharmaceutical therapies? REPAIR is a healing phase for individuals who want to address their symptoms using alternative approaches derived from functional medicine. This is a six week program that will place you in a position to REPAIR your body with an introduction to our propriety Six Essential Elements of Health.

### TRAIN

TRAIN is our most popular phase and the initial plan of action where most individuals start their health Journey. This is a transformative experience that has been proven to elevate all aspects of your life. We incorporate our Six Essential Elements of Health into your daily routine and at the end you will have achieved your goals and your true potential!

### MASTER

This exclusive phase is for disciples of the TRAIN program. You have implemented the Essential Elements, ignited your spark and have become a biohacker Warrior who wants to continue to learn and support this new lifestyle. Become a true MASTER by enrolling in our subsequent 12 week phase that will focus on integrating more elevated aspects of Essential Elements into your life.

### MAINTAIN

You get it and live it. The Lazarus Method isn't just a program, it's a lifestyle that doesn't start and stop. It's the solution that places you on the ultimate path to Achieve Your Potential! MAINTAIN what you have TRAINED and MASTERED by enrolling in our annual plan.

**FUNCTIONAL MEDICINE MONTHLY RETAINERS FOR INDIVIDUALS, COUPLES OR FAMILIES ARE AVAILABLE BY REQUEST**



# Taking Action. The Lazarus Method Programs.

Phases:

	REPAIR	TRAIN	MASTER	MAINTAIN
<b>Purpose</b>	Designed for individuals suffering from an acute or chronic conditions and want a healing approached derived from functional medicine.	Our elite program created to enhance your health and life.	A Graduate program designed to reinforce TRAIN. Designed for individuals who have completed TRAIN.	A yearly Concierge functional medicine membership designed for individuals who have completed at least TRAIN.
<b>Duration</b>	6 weeks	12 weeks	12 weeks	Annual Plan
<b>Meetings</b>	3 Meetings over 6 weeks: <ul style="list-style-type: none"> <li>Initial assessment 60 min</li> <li>Lab Interpretation 60 min</li> <li>Follow up 60 min meeting</li> </ul>	7 Meetings over 12 weeks: <ul style="list-style-type: none"> <li>Initial assessment 90 min</li> <li>Review of labs 90 min</li> <li>4 Meetings, 60 min each</li> <li>Final assessment, 90 min</li> </ul>	3 Meetings over 12 weeks: <ul style="list-style-type: none"> <li>One 60 min meeting every 4 weeks</li> </ul>	4 Meetings over 1 year: <ul style="list-style-type: none"> <li>One 60 min meeting every quarter</li> <li>Access to email Dr. Lazarus</li> <li>Acute illness/change in health status that requires access to Lazarus.</li> </ul>
<b>Price</b>	<b>\$995</b> (Suggested Retail \$2,000)	<b>\$4,995</b> (Suggested Retail \$10,000)	<b>\$1,995</b> (Suggested Retail \$5,000)	<b>\$2,995</b> (Suggested Retail \$6,000)
<b>Payment Options</b>	<ul style="list-style-type: none"> <li>Pay in full up front</li> <li>Pay \$497.50 x 2 months</li> </ul>	<ul style="list-style-type: none"> <li>Pay in full up front</li> <li>Pay \$1,665 x3 months</li> <li>Pay \$832 with Care Credit x6 months</li> </ul>	<ul style="list-style-type: none"> <li>Pay in full up front</li> <li>Pay \$665 over 3 months</li> <li>Pay \$332 with Care Credit x6 months</li> </ul>	<ul style="list-style-type: none"> <li>Pay in full up front</li> <li>Pay \$998 over 3 months</li> <li>Pay \$499 with Care Credit x6 months</li> </ul>
<b>Full Payment Bonus Options</b>	None	Paying in full up front provides selection of one Core Supplement Product for free x 1 month	Paying in full up front provides selection of one Core Supplement Product for free x 1 month	Paying in full up front provides selection of one Core Supplement Product for free x 1 month
<b>Labs</b>	Functional Diagnostic Labs based on condition	<ul style="list-style-type: none"> <li>Genetic Testing</li> <li>Functional Diagnostic Labs</li> <li>Immune Microbiome Tests</li> <li>Toxin Exposure Screenings</li> </ul>	<ul style="list-style-type: none"> <li>Functional Diagnostic Labs</li> <li>Choice of adrenal or metabolic testing</li> </ul>	<ul style="list-style-type: none"> <li>Bi-Annual functional diagnostic labs</li> <li>Additional personalized towards each participant</li> </ul>



Phases:

	REPAIR	TRAIN	MASTER	MAINTAIN
<b>Testing &amp; Exams</b>	None	<ul style="list-style-type: none"> <li>• Personalized Health Grade</li> <li>• Biological Age Calculation</li> <li>• Exercise Testing</li> <li>• Coherence Calculations</li> <li>• Body Composition Analyses</li> <li>• Functional Movement Screens</li> <li>• Digital Posture Screens</li> <li>• Joint and Muscle Examinations</li> <li>• Functional Sleep Appraisals</li> </ul>	Personalized for the condition to be treated	Personalized for each participant
<b>Supplements (included)</b>	8 weeks of: <ul style="list-style-type: none"> <li>• Two Repair Formula's based on condition being treated</li> </ul>	12 weeks of: <ul style="list-style-type: none"> <li>• Core Essentials</li> <li>• Core Probiotic</li> <li>• Core D3</li> <li>• One additional Repair product based on labs</li> </ul> 10% off all Wellness Warrior Supplements	12 weeks of: <ul style="list-style-type: none"> <li>• Core Essentials</li> <li>• Core Probiotic</li> <li>• Core D3</li> </ul> 10% off all Wellness Warrior Supplements	None  20% off all Wellness Warrior Supplements
<b>Supplements (a la carte)</b>	Recommended based on labs, assessment and medical history	Recommended based on labs, assessment and medical history	Recommended based on labs, assessment and medical history	Recommended based on labs, assessment and medical history
<b>Food Plan</b>	Therapeutic Food Plan Provided	Personalized Food Plan Provided	Strategic Body Comp Food Plan Provided	Tactical Lifestyle Food Plan Provided
<b>Guidebook</b>	No	Yes	Yes	Yes
<b>Method Masterclass</b>	Not available	Monthly	Monthly	Available at our own will
<b>Health Retreats</b>	Not available	Invited with 10% discount	Invited with 15% discount	Invited with 20% discount



# Clinical Director



## **Dr. Ryan Lazarus, DC, MSc, CNS, IFMCP**

Dr. Ryan Lazarus is the Founder & Clinical Director at The Lazarus Method, LLC, Board-Certified Functional Medicine Practitioner, Certified Nutrition Specialist, Personal Trainer & Fitness expert. He holds a Master's Degree in Nutrition, Bachelor's Degree in Exercise Science and was adjunct faculty for Metabolic Therapy at UWS. He currently serves as a Corporate Wellness Coach, Author, and Functional Medicine Researcher, providing guidance to leading organizations in the health and performance sector.

Dr. Lazarus is currently an international speaker on personalized functional medicine and nutrition protocols to physicians in private practice as well as employees in the corporate setting. He offers every patient personalized nutrition and training protocols using comprehensive examinations, functional labs, and genetic testing. His cutting-edge health protocols and lifestyle strategies have facilitated tremendous advantages for all his patients including professional athletes, high level executives and CEO's and world record performance teams. His focus on mindfulness practice, stress management, training tactics, personalized supplementation and optimal nutrition has allowed each individual the ability to achieve their genetic potential and live their best life in optimal health.

Dr. Lazarus may also be the healthiest sick person you will ever meet. After a near death experience at age 18 which crushed multiple internal organs and derailed a promising athletic career, he found himself with a host of debilitating illnesses including insulin dependent Type 1 Diabetes and frequent digestive failure. The catastrophic event that could have ended his life has actually become the catalyst for his now decades-long career as a medical professional. This transformative experience inspired him to create The Lazarus Method—a powerful combination of his personal struggles and the invaluable lessons he learned along the way.

- **Clinical Director at The Lazarus Method**
- **Board-Certified Nutrition Specialist**
- **Board-Certified in Functional Medicine**
- **Personal Trainer & Fitness Expert**



# FAQ's:

## WHAT CAN I EXPECT DURING THE PROGRAM?

We don't believe in rigid lifestyle restrictions. The Lazarus Method is different. Our patients are successful because we facilitate flexible solutions, not fixed formulas. The priority is a focus on building realistic, lasting habits that are aligned with your values. You will have the blueprint to achieve optimal health and performance by applying our Essential Elements of Health into your daily life.

## DO YOU OFFER CONSULTATIONS TO DISCUSS WHICH PHASE IS BEST FOR ME?

Yes. If needed, we offer a 15 minute session to review what fits you the best. The \$75 consultation fee is waived if you enroll into one of our beginner phases, REPAIR or TRAIN.

## CAN I USE MY HEALTH INSURANCE?

Maybe. We are a licensed medical office and some of the nutrition and lab services included in the program may be covered and submitted to your health insurance provider for reimbursement. However, there is no guarantee any services are covered because each insurance plan is different. If you have questions regarding coverage, contact your insurance provider.

## CAN I USE MY FSA/HRA/HSA ACCOUNT?

Yes. We are a licensed medical provider and portions of our products and services are considered for medical purposes.

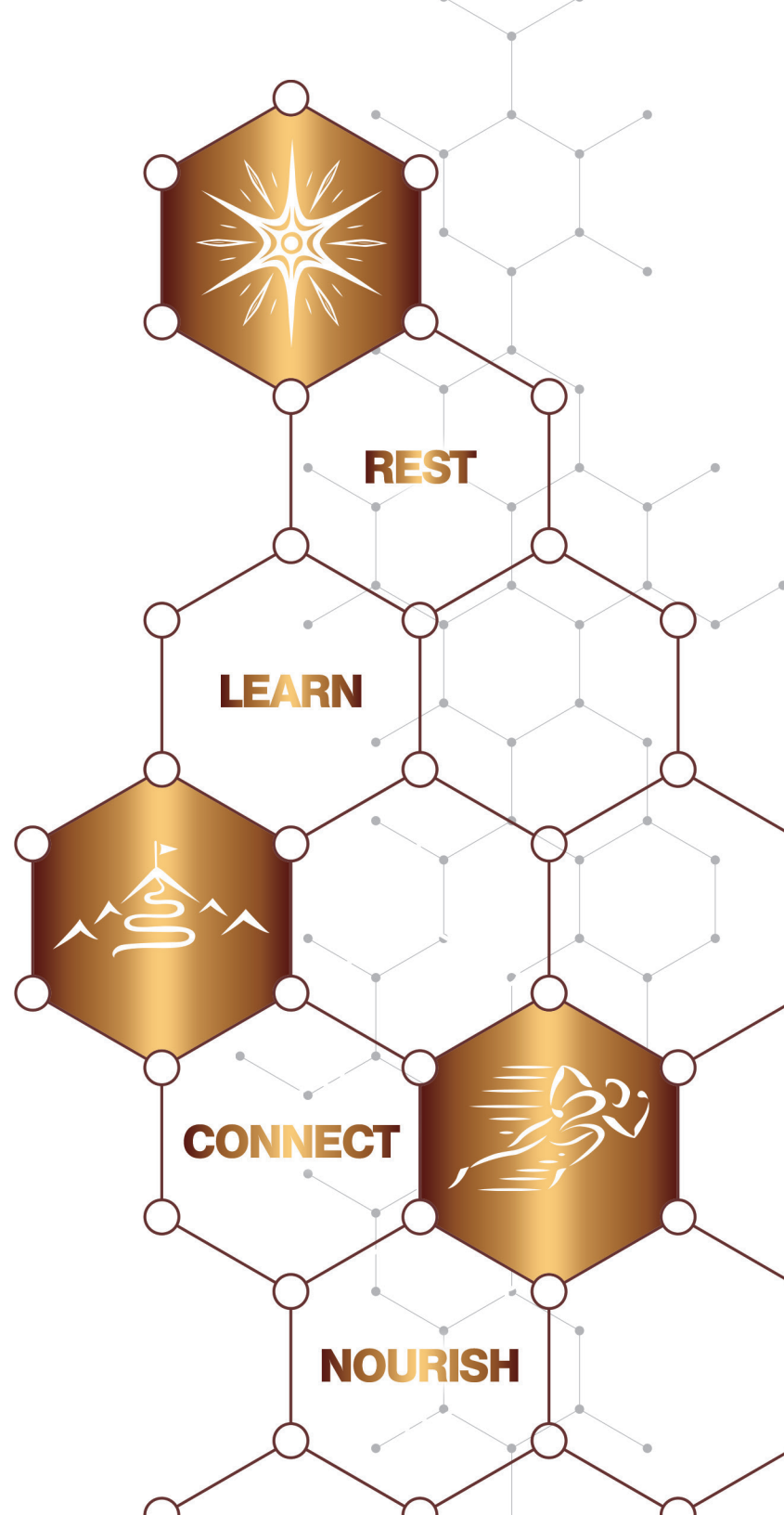
## ARE THERE FLEXIBLE PAYMENT ARRANGEMENTS OR FINANCING AVAILABLE?

Yes. We have developed flexible payment options scheduled over two to three months depending on what Phase you enroll in. We also offer financing options through Care Credit that can extend payments over a maximum of 6 months. Care Credit financing is subject to credit approval.

## I'M IN! HOW DO I BEGIN?

Simply scan the QR code on the next page, visit our website or feel free to call our office at 925.403.1500.

**We look forward to helping you Achieve Your Potential!**







**Interested in your personal plan  
for Elite Health and Performance?**



**Scan the QR Code to setup a consultation.**