



# T H E L A Z A R U S M E T H O D

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?*

Image 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

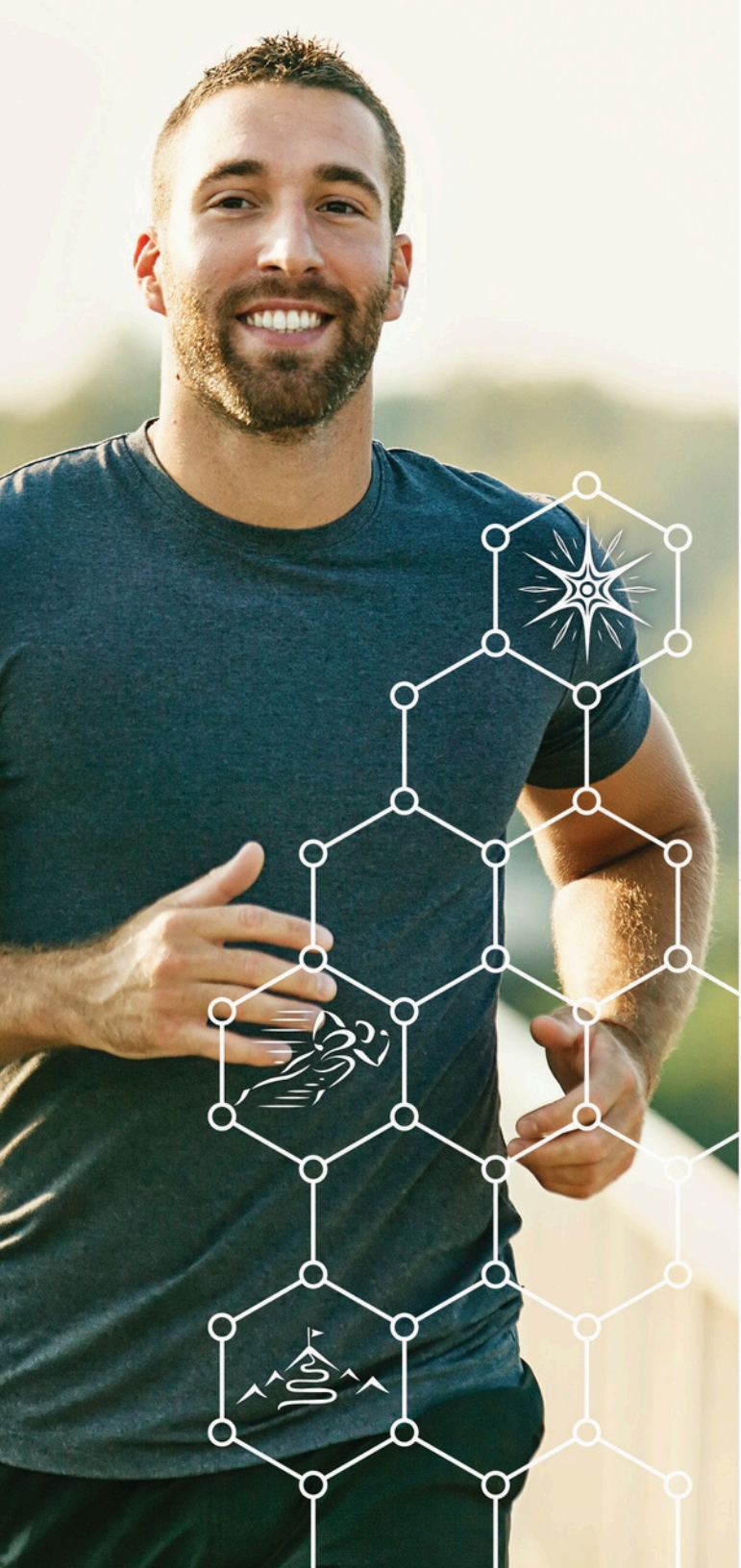
**A proven system that will elevate all aspects of your life.**

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 Started.

# Train, Train+ and Master

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

## TRAIN

---

Embark on a self-guided journey towards better health with our Automated Train Program. Designed for those who prefer a functional medicine approach without the need for personalized coaching, this program offers comprehensive health resources and tools at an affordable price.

## TRAIN+

---

The best of both worlds - a blend of automated content and 1:1 coaching. With data-driven insights and consultations with Dr. Lazarus or a certified health & wellness coach, users can start their tailored wellness journey suited to their unique needs and goals. This program offer includes:

## MASTER

---

Our Premium program. Designed for those seeking a comprehensive and fully personalized health and functional medicine experience. With multiple private coaching sessions with Dr. Lazarus, state of art medical testing for complete personalization & cutting edge wearable biodevices for customized biohacking.

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

# The Lazarus Method Programs.

Phases:	TRAIN	TRAIN+	MASTER
<b>Purpose</b>	Designed for those who prefer a functional medicine approach without the need for personalized coaching.	Our most popular program created to enhance your health and life. A blend of self-guided modules & 1:1 Coaching.	Fully personalized health program designed for optimal health and performance using cutting edge protocols and innovative health technologies.
<b>Duration</b>	12 weeks	12 weeks	16 weeks
<b>Meetings</b>	No personal meetings scheduled. Consultations available by request.	6 Meetings with a Health Coach during designated times.	8 Personal Meetings with Dr. Lazarus.
<b>Investment</b>	<b>\$595</b> <i>(Total Value \$1,000)</i>	<b>\$4,995</b> <i>(Total Value \$10,000)</i>	<b>\$12,995</b> <i>(Total Value \$19,500)</i>
<b>Payment Options</b>	<ul style="list-style-type: none"> <li>Health HSA/FSA Accepted</li> </ul>	<ul style="list-style-type: none"> <li>Health HSA/FSA Accepted</li> <li>\$50 Discount for Payment in Full</li> <li>Flexible Payment Options over 3 months</li> <li>Pay over 6 months with Care Credit</li> </ul>	<ul style="list-style-type: none"> <li>Health HSA/FSA Accepted</li> <li>\$250 Discount for Payment in Full</li> <li>Flexible Payment Options over 3 months</li> <li>Pay over 6 months with Care Credit</li> </ul>
<b>Labs / Exam*</b> <small>*Exam only offered for in-person participants</small>	Not included with Train  Optional Labs Available by Request	<ul style="list-style-type: none"> <li>Functional Diagnostic Labs</li> <li>Genetic Health Panel</li> <li>Gut Microbiome Tests</li> <li>HRV Calculations</li> <li>Body Composition Analyses</li> <li>Functional Movement Screens</li> <li>Digital Posture Screens</li> <li>Joint and Muscle Examinations</li> </ul>	<ul style="list-style-type: none"> <li>Aging &amp; Longevity Panel</li> <li>Functional Diagnostic Labs</li> <li>Genetic Health Panel</li> <li>Gut Microbiome Tests</li> <li>CGM Medical Device</li> <li>HRV Calculations</li> <li>Body Composition Analyses</li> <li>Functional Movement Screens</li> <li>Digital Posture Screens</li> <li>Joint and Muscle Examinations</li> </ul>
<b>Supplements</b>	<ul style="list-style-type: none"> <li>Recommended based on initial assessment and medical history</li> <li>Promo Code Provided</li> </ul>	<ul style="list-style-type: none"> <li>Recommended based on goals, labs, assessment and medical history</li> <li>12 weeks of Core Essentials (Multi, D3/K2, Probiotic)</li> </ul>	<ul style="list-style-type: none"> <li>Recommended based on labs, assessment and medical history</li> <li>16 weeks of Core Essentials (Multi, D3/K2, Probiotic)</li> <li>16 weeks of Performance &amp; Longevity Supplements</li> </ul>
<b>Food Plan</b>	Therapeutic Food Plan Provided	Personalized Food Plan Provided	Strategic Food Plan Provided with Body Comp Macros
<b>Personal Training</b>	Custom Workout App Access	Custom Workout App Access Personal Training Guidance from Health Coaches	Fully Personalized Training Protocols

# Dr. Ryan Lazarus

MSc, CNS, DC, IFMCP



## BIO

Dr. Ryan Lazarus has been a patient as long as he's been a doctor. At age 18 he faced a near-death experience in a devastating sports accident that crushed his organs. For years, he grappled with life-altering health issues, including Type 1 diabetes, digestive failure, and immune problems, each day presenting a new battle to be fought. He's navigated through a maze of trauma, illness, confusion, setbacks, and despair, often questioning the purpose and meaning behind chronic illness and suffering.

It was precisely this burden of hardship that molded his resilience and fueled his passion for helping others. After years of relentless pain and struggle, he mustered the courage and determination to seize control of his own health journey. He delved into the realms of functional medicine, nutrition, fitness, and mental fitness acquiring a wealth of knowledge and tools that enabled him to forge his own path to recovery.

This is where his strategy emerged. By dissecting his own experiences and the shortcomings in traditional healthcare approaches, Dr. Lazarus pieced together a more holistic approach to health – utilizing functional medicine, personalized nutrition, fitness protocols, sleep and stress strategies, supplement prescriptions, and even spiritual aspects.

Through trial and error, research into various healing paradigms, and relentless determination, he gradually crafted a method that works for everyone. As he began to utilize this tailored system with each of his patients, he was astounded by its replicable success across a diverse range of cases. This became the genesis of The Lazarus Method, an integrative approach to health.

He's now the Founder & Clinical Director at The Lazarus Method which is a cutting-edge health program where he teaches his essential elements to health. He's a Board-Certified Functional Medicine Practitioner, Certified Nutrition Specialist, Certified Personal Trainer & Rehabilitation Specialist. He holds a master's degree in nutrition, a bachelor's degree in Exercise Science and was faculty at The University of Western States in metabolic therapy for graduate students.

He currently serves as a Corporate Wellness Coach, and Functional Medicine Researcher, providing workshops to Fortune 500 Corporations, CEO's, celebrities, public figures, and most importantly, every person who wants a personalized health plan.

His passion and mission is to share The Lazarus Method Programs with everyone who wants to improve their health and maximize their life.

- **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 WHAT 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, TRAIN or TRAIN+.

## CAN I USE MY HEALTH INSURANCE?

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?

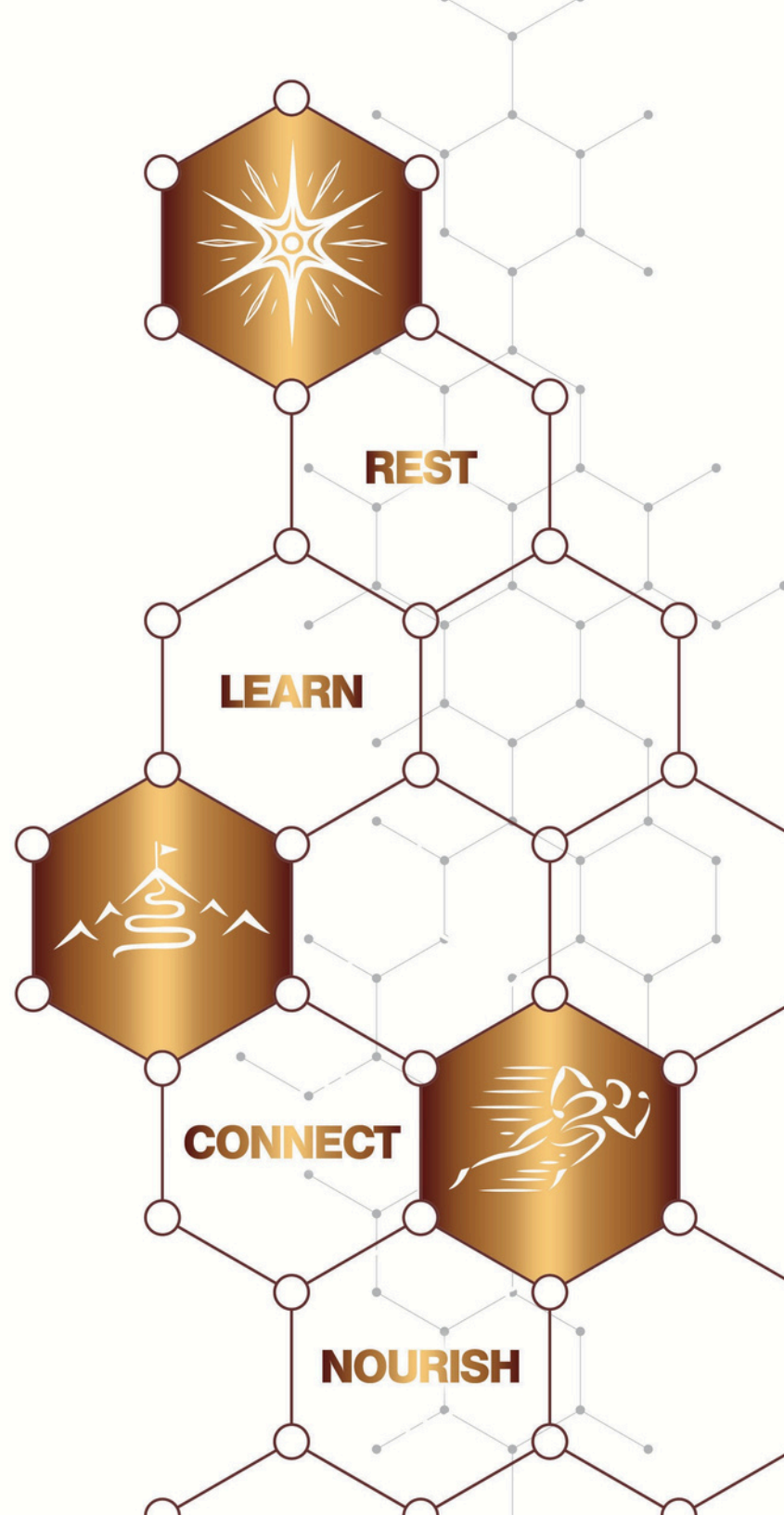
Yes. We are a licensed medical provider and portions of our products and services are considered for medical purposes.

## 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.





Interested in your personal plan for  
Elite Health and Performance?



Scan the QR Code to setup a consultation.