



## Dr. Nisar Khan, Ph.D

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## Get in Touch

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## Unlock Your Potential

Empower yourself with personalized health guidance from Dr. Nisar Khan, a leading biomedical expert.

# Personalized Health

Science & Innovation

Contact Now

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## Personalized Health

Dr. Nisar Khan provides **tailored strategies** to manage **chronic conditions**, **enhance immunity**, and improve **metabolic health**.

His approach is based on **scientific analysis**, combining **clinical observations** with cutting-edge **omics technologies** and **systems biology**.

He also offers **proactive strategies** for **Longevity** and **Preventive Health** to reduce the risk of **age-related diseases** and enhance **vitality**, utilizing **advanced biological insights** and personalized interventions.

## Key Services Offered



### Biomedical Guidance

Tailored strategies to manage **chronic conditions** and optimize **long-term health**.



### Health Analysis

In-depth **biomarker analysis** using the latest **omics technologies** and **systems biology** approaches.



### Health Plans

Development of **personalized plans** integrating **diet**, **supplementation**, and **lifestyle** changes.



## Take Charge of Your Health

Dr. Nisar Khan provides personalized health guidance backed by decades of experience and scientific innovation.

Empower yourself with the knowledge and tools to achieve **optimal health** and **longevity** through **personalized solutions**.

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## Service Scheme

### Initial Consultation + Health Strategy

- Comprehensive review of medical history, health concerns, and medications.
- Recommendations for any required biomarkers or tests.
- Delivery of a tailored health strategy, including:
  - Personalized diet and lifestyle plan.
  - Supplementation recommendations.
  - Adjustments to ongoing medications (if applicable).
- Charges: **€150**
- Duration: **~90 minutes**

### Maintenance Session

- Short check-ins to monitor progress, refine strategies, adjust supplements, or address minor concerns.
- Ideal for quick updates and follow-ups.

- Charges: **€35**
- Duration: **~15 minutes**
- 4 Maintenance Sessions: **€90**

### Additional Consultation Time

- For extended discussions beyond Initial Consultation or Maintenance Sessions, the hourly rate applies, ensuring every aspect of your health is thoroughly addressed.

- **Hourly rate: €120**

### 6-Month Maintenance Package

- 24 sessions of 15 minutes OR 12 sessions of 30 minutes (client's choice).
- **€450 for 6 months (Save €390 with a 6-month subscription!)**

### Important Notes

The Initial Consultation and Health Strategy Session are separate to:

- **Initial Consultation:** Understand your health case and identify any needed tests.
- **Health Strategy Session:** Analyze results and provide a customized health plan.

This ensures an accurate, tailored strategy.

- The rates mentioned are valid as of **November 2024** and are subject to change in the future.

- You are responsible for how you act on the advice provided and for your own decisions. The advice complements conventional medical care. Maintain contact with your general practitioner or specialist, especially if under their care treatment.

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