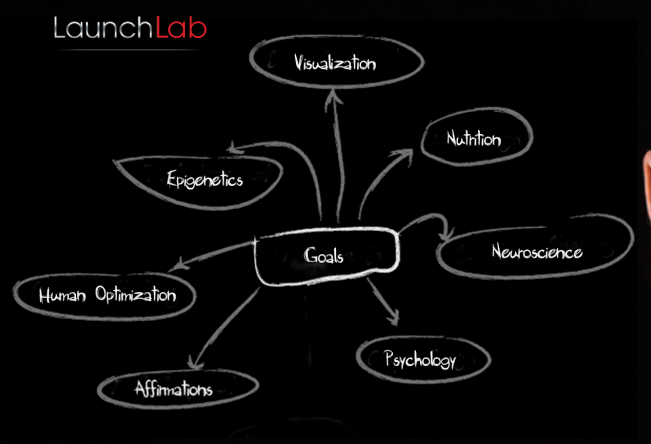
LaunchLab

BRAIN AND BODY OPTIMIZATION

UNLEASH YOUR FULL POTENTIAL



PROFILE

Simon has been passionate about health and fitness for over 20 years. He devotes a lot of time to researching and experimenting with as many techniques and approaches to nutrition and performance as possible. His goal is to find out how we can become *fully optimized* humans, so that we can express our full genetic potential.

The Launch Lab distills years of research and experimentation in the health and wellness field to equip you with the right tools and knowledge so that you can look, feel and achieve your best. Each time someone purchases a program with The Launch Lab, Simon will donate an equivalent session to an underprivileged youth so that they too can reach their full potential.

“We are *generals* of our own **DNA**“

OUR PHILOSOPHY

We have a remarkable ability to transform ourselves depending on the coordinates we set, and the environment we cultivate for self-improvement. The Launch Lab has spent years researching brain and body optimization. The brain and body are intrinsically linked, and if we adopt a holistic approach to our wellbeing, we are investing in a healthy future. With the right tools and knowledge, we can make tremendous improvements to our health and quality of life.

There’s a reason the All Blacks have a mental skills coach. The way we think about our selves can have a profound impact on our goals. Getting our psychology right can help us develop the right mindsets that will encourage healthy habits leading towards our desired outcomes. We can learn to harness the full potential of the brain and body by becoming more conscious of the power of nutrition and exercise and by cultivating an environment for peak performance.

The Launch Lab takes a natural approach to wellbeing and human optimization, providing healthy options in the areas of nutrition, exercise and lifestyle to create the best outcomes for clients. You have the power to change - we have the tools to help you get you there.

NUTRITION

DEVELOP A FOOD PLAN TO HELP SUPPORT YOUR GOALS

NATURAL SUPPLEMENTS TO IMPROVE PERFORMANCE AND RECOVERY

EXPLORING THE HEALTH BENEFITS OF PROBIOTICS, HERBS AND SPICES

EPIGENETICS IN NUTRITION - TO HELP US ACHIEVE OUR FULL POTENTIAL

UTILIZE THE HEALING AND BRAIN BOOSTING POWER OF NATURAL FOOD

FITNESS

SPORTS PSYCHOLOGY, VISUALIZATION AND AFFIRMATIONS

QUICK AND EASY WAYS TO STAY FIT WITH LIMITED TIME

HOW TO ENHANCE MUSCLE GROWTH AND INCREASE METABOLISM

BODY AWARENESS AND MAINTENANCE - (SAUNA, MASSAGE AND STRETCHING)

MEDITATION AND USING NATURE AS A HEALING TOOL

EPIGENETICS AND NEUROPLASTICITY TO ACCESS OUR POTENTIAL

REBALANCE YOUR ADRENALS AND REDUCE FATIGUE

“We are imbued with vibrant possibility. “

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www.launchlab.co.nz