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Hormesis Health and Fitness promotes strategies aligned with our evolutionary biology—what the human body fundamentally needs to thrive. These principles support general vitality and biological fitness, and while they benefit those with chronic conditions, they are not disease-specific protocols. Rather, they are rooted in what promotes health for all.

**Our approach leverages the Metabolic Archetypes™ and the Hormetic Code™ to guide personalized strategies that support the body's natural capacity for resilience and vitality. When we honor our biological design—giving the body what it needs and avoiding what degrades it—health is not just possible, it's expected.**

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