



CASE STUDY

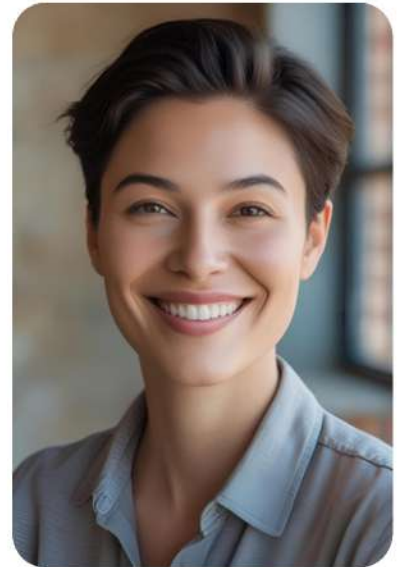
Bio Optimise Practitioner™ Case Study

What you can achieve as a practitioner



DISCOVERING THROUGH CASE STUDIES

You'll find on the following page a real-life case study of Ali, she's a new client of Sam (Certified Bio Optimise® Practitioner). By following this case study you can gain an insight into what it is to be a Certified Bio Optimise® Practitioner and see just how much you can help others to live the life they want to live; free, healthy, empowered and well.



THE CASE STUDY SUMMARY

Ali's case study summary includes what it is she is looking to achieve, some of the tracking and assessments she opted to undertake and what strategies she chose to meet her wellbeing goals. We use a lot of case study learning in the program, our practitioners are highly knowledgeable and skillful.

Sample Client Tool

The fourth page is Ali's completed Circadian Biology Clock Audit. This is just one example of more than 30 client tools and templates that have been professionally created for you to share and use to help clients change their lives and take control of their health as they want.

THE BIO OPTIMISE APPROACH



The Bio Optimise® Approach is a natural, science-backed system rooted in functional and integrative health principles. Rather than masking symptoms, it focuses on identifying and addressing the root causes of imbalance — empowering individuals to take control of their wellbeing. Combining the latest in biohacking with time-tested natural strategies, Bio Optimise® uses tools like circadian rhythm balancing, red light therapy, grounding, sauna, gut health optimisation, and more to support the body's innate ability to heal, regenerate, and thrive. It's a safe, sustainable, and personalised path to lasting vitality.

So let's get started and get a real feel for what a Bio Optimise® Practitioner does and the life-changing results that clients can achieve.



Bio Optimise Practitioner™ Case Study Summary

What you can achieve as a practitioner

At a glance

Name: Ali (27), nil children, single

Occupation: Marketing

Health concern: Poor lifestyle habits and fatigue

Number of visits: Initially 3, more if the client wishes to continue further

Key outcomes

While Ali has learned a lot on social media and in AI the more she dug the more she found inconsistencies. Ali is ready to take on her own health and through her Bio Optimise Practitioner her health agency has boomed!



3

SESSIONS

Life changing



8

STRATEGIES

Health in the client's hands

CLIENT'S OUTCOME



Ali has been applying a number of biohacks to her life but is starting to find it confusing and hard to stick to. She would like to be able to work on EMF minimisation, improve her sleep, and use her data from her wearables better.

BIO OPTIMISE® PLAN



In the session, Sam and Ali discussed what Ali would most like to achieve. Ali decided that the Circadian Biology Clock Audit would be an excellent way to incorporate some of the areas she is most passionate about using in her life and to address her main wellbeing concerns.

TOOLS SHARED WITH CLIENT



**Circadian
Body Clock
Audit**



**Grounding
and EMF
Minimisation**



**Cycle
Syncing
Planner**



Bio Optimise Practitioner™ Case Study Summary

What you can achieve as a practitioner

SESSIONS



1

FIRST VISIT

Review onboarding form for red flags or referral requirements. Ali has decided to complete a Bio Optimise® Circadian Biology Clock Audit as she feels her body rhythm is out of balance. She decided to do cortisol saliva testing also.

2

FIRST FOLLOW-UP

Reviewed data for Ali's plan, triaging her chosen areas. Ali selected wake routine, lighting (e.g. red/blue at appropriate times), EMF minimisation, and grounding to help balance her body clock and cortisol better.

3

SECOND FOLLOW-UP

Ali reports loving her early rises as she has more energy and better focus. She's investigated hormone testing and found where she can get her own tests via a public lab. She's asked if she can bring in the results and wants to book a 4th session. Ali would also like to look at how to time her gym training with her cycle to balance her hormones more.



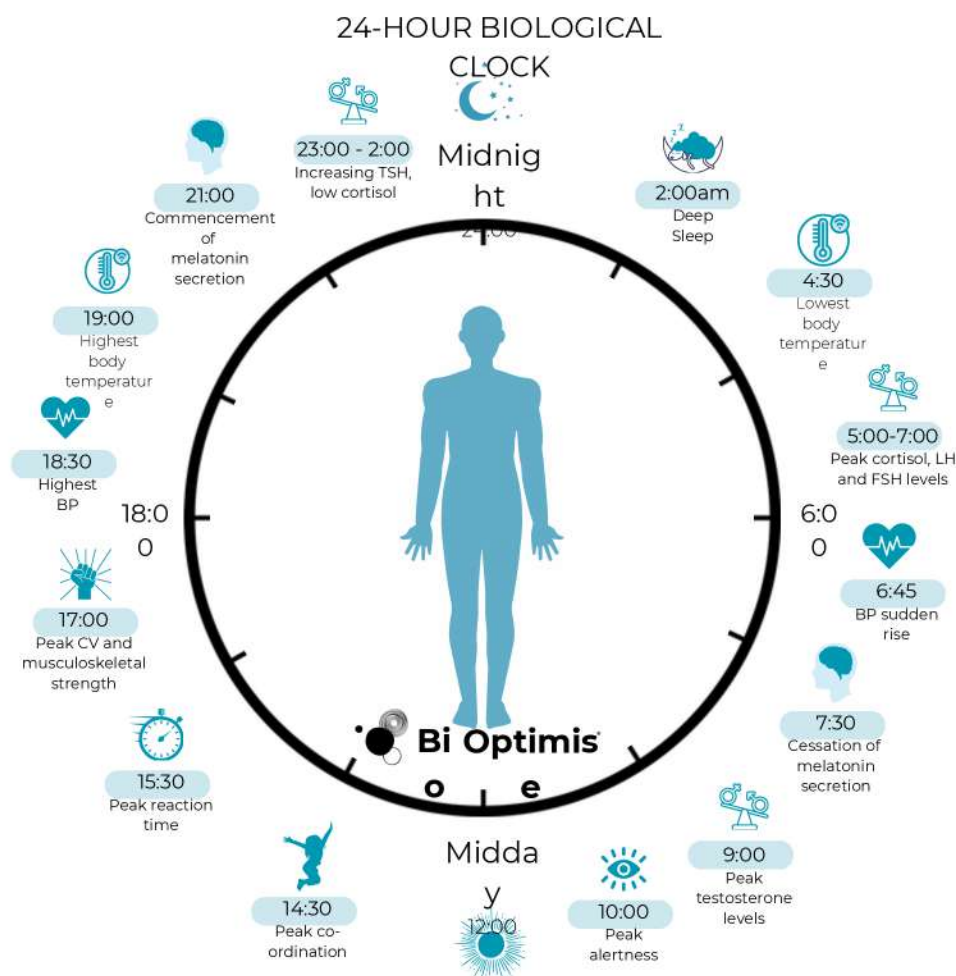
Bio Optimise Practitioner™ Case Study Summary

*Redefine What It Means to Be Well.
Join the movement of empowered health leaders.*

THE CIRCADIAN BIOLOGY CLOCK AUDIT



Our body clock synchronises a large number of other peripheral clocks throughout the body via hormonal, neuronal and thermal regulatory signalling systems. Part of our body clock is a self-sustaining system which involves the turning on and off of genes in a cycle. Circadian clocks are influenced by a number of factors, referred to as zeitgebers ('time-givers'), such as light waves in the eye and via the skin, food and timing of meals, physical activity and body temperature. The diagram below is an example from the Bio Optimise® Program. You can imagine the enormous benefits hormonally, energetically and emotionally from realigning your body clock! And, that is just what Ali and Sam did!!!





Bio Optimise Practitioner™ Case Study Summary

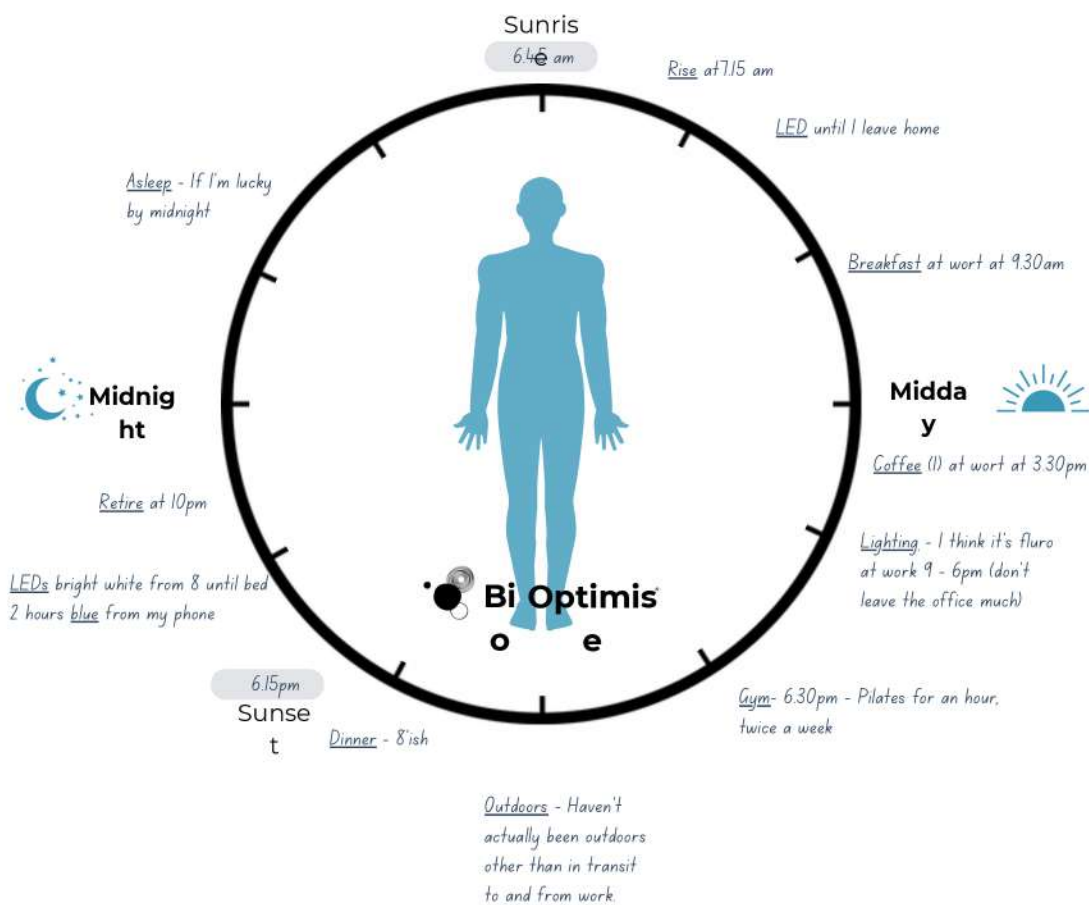
Be the Health Expert Everyone Comes to.
Build a career around natural, evidence-based optimisation.

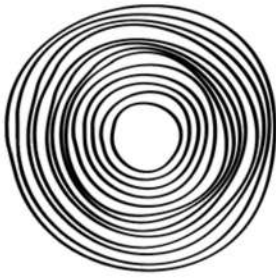
ALI'S COMPLETED CIRCADIAN BIOLOGY CLOCK AUDIT



Ali's completed Circadian Biology Clock Audit was reviewed during her second session by overlaying it with the 24-hour Biology Clock to highlight where opportunities to align her body clock better existed. She loved it so much because of the breadth of information it gave her and insights into so many areas in her life that she could use much of her knowledge from following biohacking. It was a perfect option to help her structure all that amazing information she holds into a workable plan.

CIRCADIAN BODY CLOCK AUDIT





Become a Bio Optimise® Practitioner

*From Biohacker to Practitioner.
Turn your passion into purpose and practice.*

Ready to turn your passion for wellness into a thriving practice?
Start here

ENROL TODAY!!!

Interactive * Comprehensive * 100% Online * Learn everything from EMF moderation to hormone balance — from anywhere at anytime.

Sleep * Stress * Toxins * Hormones * Gut * Movement *
We cover it all — deeply, practically, and scientifically.

This is your training that enables you to **go beyond trends**, to learn how to use biohacking tools safely, effectively and with insurance to practice in a client-facing setting.

The Bio Optimised Life™ Program is designed for Wellness Enthusiasts, Health Coaches and Medical Professionals alike.

Master the 'why' behind red light, grounding, fasting and more, and learn how to deliver powerful results.



www.biooptimise.com

© 2025 Well College Global. All rights reserved.

NB: the client is fictional