



**VITANOVA SOLUTIONS**  
ADDING MORE YEARS TO LIFE AND LIFE TO YEARS

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**Dr Biswas**  
MSc, PhD, MBA  
Founder

**W:** [www.vitanova-solutions.com](http://www.vitanova-solutions.com)

Dear fellow Contrarian,

Thank you for choosing the One-on-One SPARK Call! I'm excited to embark on this journey with you towards reclaiming your health and vitality.

This one-on-one session is designed to be a catalyst for change, providing you with a SPARK of personalized insight to kickstart your transformation. We'll delve into your unique challenges, goals, and lifestyle, and together, we'll explore and discuss a roadmap to align your wellness journey.

We will discuss in depth to explore your current health and well-being status, lifestyle habits, and any specific concerns you may have. We can find surprising Insights!!! You never know! I'll be there to answer your questions, provide encouragement, and keep you motivated throughout your journey.

To prepare for our call, please take a few moments to reflect on the following:

Your primary health and wellness goals  
Any specific challenges or obstacles you're facing  
Your current lifestyle habits and routines  
I'm confident that our SPARK Call will ignite your transformation and set you on the path to lasting health and vitality.

Please check your email to schedule your call at your convenience.

I look forward to connecting with you soon!

Warm regards,

Dr. Biswas, MSc, PhD, MBA

*Dr Biswas*

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