

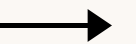
# Culinary Medicine by Ohonay Health

Where Purpose meets Health



# What is culinary medicine

- Uses food as a foundation for health
- Bridges nutrition and medical care
- Helps patients make practical, everyday food choices
- Focuses on prevention, healing, and long-term wellness



# About Me

- In 2015, I entered medical school.
- The stress and demand led to stress eating sugar, fried foods, quick fixes.
- My weight went from 150 → 175 lbs in just 16 months.
- I was tired, stressed, and running on survival mode.

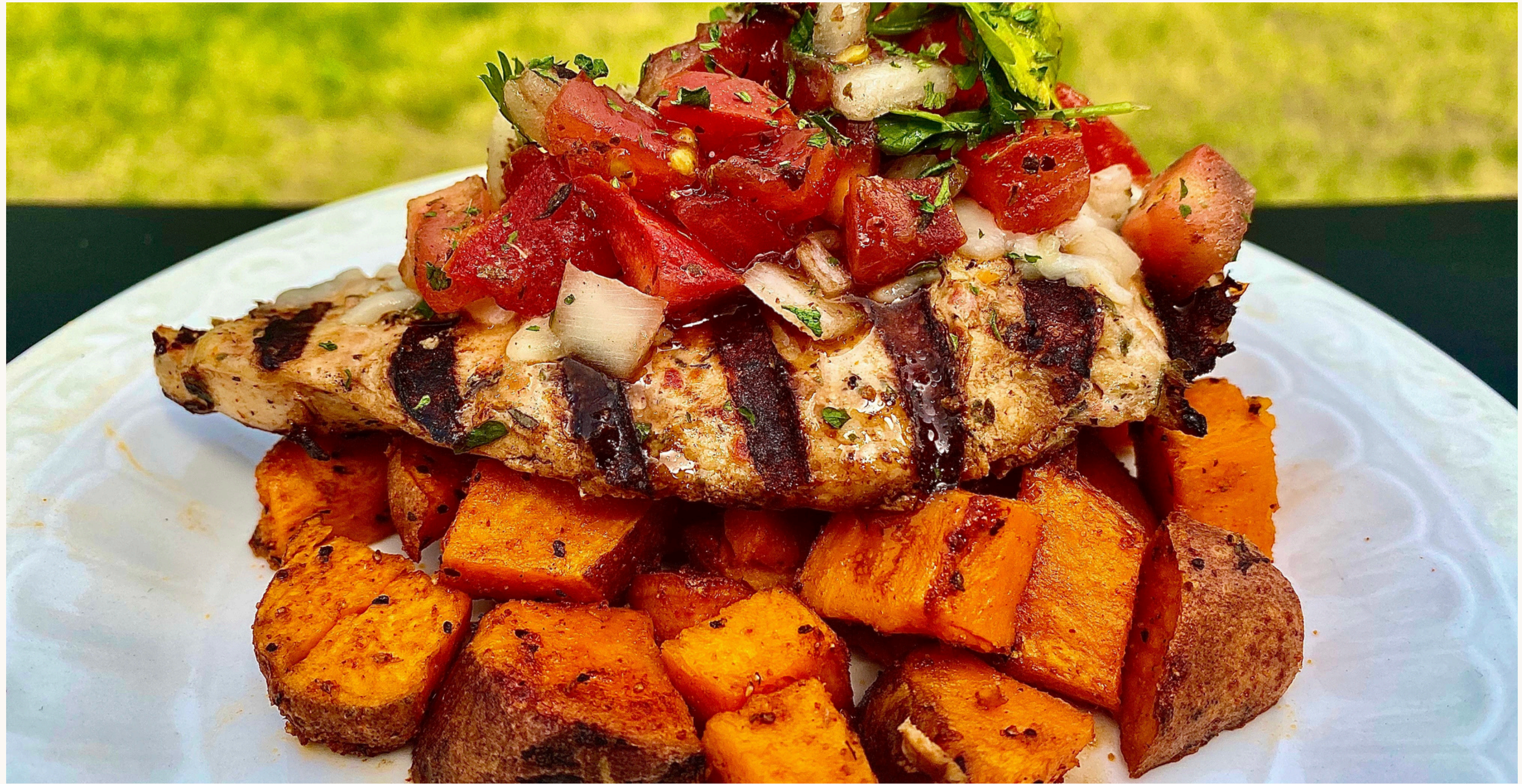


## My Transformation

- In medical school, I began learning nutrition and cooking skills.
- I started working out and fueling my body with healthy foods.
- The change transformed my energy, mood, and focus.
- Today, I'm a Board-Certified Internal Medicine Doctor and have spent 2 years as a Travel Doctor, bringing this lifestyle knowledge into real-world practice.

# Ohonay Health





# American College of Culinary Medicine





## Food as medicine

It teaches how the right foods can:

- Reduce stress & inflammation
- Support weight management
- Improve energy & productivity
- Prevent chronic disease

# Traditional medicine

**Board certified Internal Medicine physician  
we focus mainly on reactive care**

Relies on pharmaceuticals, procedures, and surgeries to diagnose and treat illness

The truth is:

- The system teaches us to manage symptoms, not address root causes.
- It overlooks food, stress, mindset, and faith – the foundations of true health.
- It tells people to wait until they're sick to pay attention. →

# Culinary Medicine

- A blend of nutrition science and cooking skills
- Focuses on food as medicine to prevent, manage, and even reverse disease
- Teaches patients practical, everyday food choices for better health
- Centers care around the whole person energy, mood, productivity, and long-term wellness
- Empowers individuals to use their kitchen as a tool for healing
- Treat many every symptoms such as fatigue, bloating, stress, anxiety, hormonal issues, weight issues

# Why Most Busy Professionals Feel Burnt Out and Disconnected”

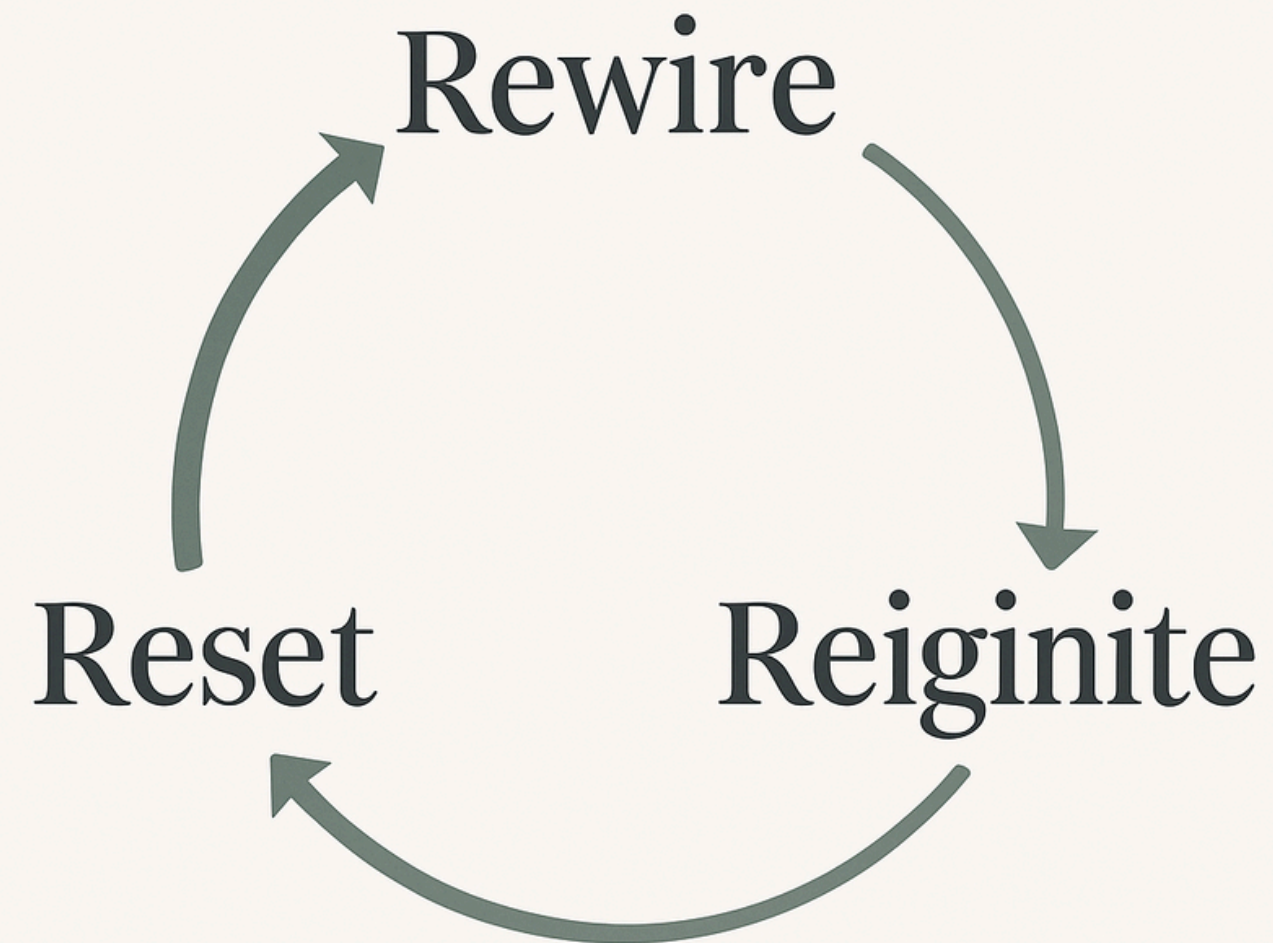
- You pour into everyone else, but not yourself
- Constant stress, fatigue, and brain fog have become “normal”
- You rely on caffeine and willpower to get through the day
- You’ve tried diets, detoxes, and supplements – but nothing sticks

# **THE COST OF IGNORING YOUR HEALTH**

# The Ohonay Method™: Where Purpose Meets Health and Wellness

## A 3-Phase Culinary Medicine Framework for Restoring Energy, Alignment, and Health.

WHERE PURPOSE MEETS HEALTH



# **PHASE 1: RESET (Clarity & Awareness)**

**Goal: Uncover the root causes of fatigue, stress, weight issues, hormonal issues, disease and imbalance.**

- Identify patterns and triggers
- Functional and nutritional assessment
- Personalized health roadmap

# **PHASE 2: REWIRE (Mindset & Habits)**

**Goal: Rebuild your relationship with food and your body.**

**Rebuild your lifestyle with culinary medicine strategies, personalized food plans, and accountability rooted in faith and balance**

**Shift beliefs about food, energy, and rest**

**Learn sustainable, life-giving habits that last**

# **PHASE 3: REIGNITE**

## **(Sustainability & Freedom)**

**Goal: Sustain the alignment and peace  
you've created.**

**Maintain energy and wellness through accountability**

**Manage stress and restore your body's rhythm**

**Faith-based daily alignment practices**



# “Why The Ohonay Method™ Works When Others Don’t”

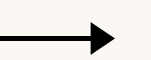
**Personalized approach (not cookie-cutter)**

**Combines medical insight with mindset and spirituality**

**Culinary Medicine and Functional Medicine Approach**

**Focuses on prevention and root causes, not quick fixes**

**Restores your connection to your body and purpose**



# BY THE END OF YOUR 6 MONTHS, YOU WILL:

- Feel energized and productive without relying on quick fixes
- Develop a sustainable relationship with food that supports long-term health
- Learn practical strategies for stress, sleep, and mindful eating
- Gain confidence in making food & lifestyle choices that align with your goals
- Experience less burnout and more balance in daily life
- Build lifelong habits that prevent disease, not just treat symptoms



# Why it matters?

Modern medicine has advanced, but healing has fallen behind.

We have more pills, procedures, and protocols than ever yet people feel more exhausted, anxious, and disconnected from their bodies.

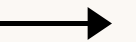
## The Ohonay Method™

exists to bridge that gap blending science, soul, and strategy to help people prevent burnout, rebalance their health, and live aligned with purpose.



**Stats show up to 80%  
disease can be prevented  
by lifestyle changes**

**The health system keeps us  
sick.....**

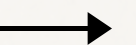


# The Ohonay Method Program

## What's Included

### 6month Program of Accountability

- 🥗 Nutrition Plan – tailored to your lifestyle, preferences, and health goals
- 📋 Recipes & Grocery Guides – simple, practical, and stress-free food choices
- 🤝 1:1 Coaching Sessions – biweekly calls to keep you accountable and supported
- **Group or 1:1 cooking classes**
- 👩🏻‍⚕️ Daily Check-ins & Messaging – ongoing support when you need it most
- 🧘 Stress & Lifestyle Tools – techniques for energy, sleep, and mindfulness
- 📊 Lab Work & Health Tracking (if applicable in your package) – monitor real progress
- 💻 Group Coaching & Community – connect with like-minded professionals for support
- 📖 Resource Library – meal prep tips, food swaps, and wellness strategies
- Mindset & Faith-Based Coaching
- Rewire limiting beliefs about food, health, and self-care
- Build sustainable routines rooted in faith, peace, and purpose



# THE OHONAY REWIRE PREMIUM CONCIERGE (VIP) 1:1

- Bi weekly Culinary Medicine visits
- 1 hour private Coaching
- Concierge messaging access 7 days a week
- Personalized meal plan & grocery list
- Basic supplement guidance
- Expanded supplement protocol + discounts
- Functional lab panels + reviews
- Monthly nutrition & lifestyle workshops
- Recipe vault access
- Restaurant hacks & dining strategies
- Monthly 1:1 cooking classes
- Expanded stress & mindfulness tools
- Bi-weekly private cooking classes (Zoom)
- Full kitchen audit + pantry reset
- Full travel kit + jet lag reset
- Wearable/health data integration- glucose monitor
- VIP emersion day experience with Dr. Oyinkansola

# THE OHONAY RESET GROUP COACHING EXPERIENCE

- 1 hour group coaching Biweekly
- Weekday messaging access
- Meal guidance
- Basic supplement guidance
- Functional lab panels + reviews
- Monthly nutrition & lifestyle workshops
- Recipe vault access
- Restaurant hacks & dining strategies
- Monthly group cooking classes
- Expanded stress & mindfulness tools

# Investment

- 1:1 6 MONTH FULL EXPERIENCE- \$15,000
- GROUP COACHING: \$8,000