

Bio 7  
Services

BIO 7 WELLNESS® METHOD  
*WITH*

**Balance  
Polarities**

Chakra Petals

*S Pujah*



Begin your Wellness Journey

# Bio 7 Wellness® Method

Where Holistic Health Meets Science



Despite maintaining discipline and adopting good habits, achieving harmony among mind, body, and emotions remains a challenge.

Bio7 helps you find balance in your mind, body, and emotions. We examine body frequencies, chakras, aura, stress levels, and more to guide your wellness journey.

Our approach blends ancient methods with modern science, providing personalized insights to enhance your well-being. Ready to explore your best self?

Step into Bio7, where simplicity meets profound transformation.

# Path to Self Healing

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- **Body Frequencies**  
Optimize strength, and overcome weaknesses with body frequencies.
- **GPS – Date of Birth**  
Born Aligned : Your body's birthdate, a unique GPS positioning
- **Doshas – Ayurveda**  
Find the perfect diet for your dosha
- **Decode Name**  
With your name, embark on a personalized wellness adventure tailored to your unique needs and goals
- **Path for this Lifetime**  
Unlock potential embrace balance and fulfillment
- **Chakras Polarity Balancing**  
Embrace transformative journey : chakras, polarity, wellness
- **Body Marma Points**  
Unlock Your Life's Potential : Activate Body Marma Points
- **5 x 5 Enhancement**  
Enhance 5 x 5 Elements, Senses & Colors : Elevate Your Consciousness

# Lets begin your Wellness Journey!

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01

## Chakra Quiz

Explore the harmony within as you delve into the fascinating world of your chakras.

[Take A quiz! →](#)

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02

## Dosha Quiz

Discover your unique Ayurvedic constitution with our Dosha Quiz. Unlock insights into your mind-body type, paving the way for personalized well-being.

[Take A quiz! →](#)

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03

## Life Time Report

A comprehensive exploration of your life's narrative, guiding you towards self-awareness and purpose. Unlock the chapters of your unique story.

[Preview →](#)

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04

## Self Details

Dive into a personalized exploration, shaping a bespoke path toward self-awareness

[Take A quiz! →](#)

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05

## GPS Positioning

Uncover your unique coordinates, highlighting strengths and weaknesses for a purposeful and enlightened path.

[Preview →](#)

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06

## Chakra's Polarity

Uncover the balance within as you align your energy centers, fostering harmony and vitality

[Preview →](#)

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# 3 Stage Process

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We will help you unlock your inner potential so you can excel in your professional field.

Embark upon an exclusive journey with our bespoke online service, a moment of privilege meticulously curated for each discerning customer.

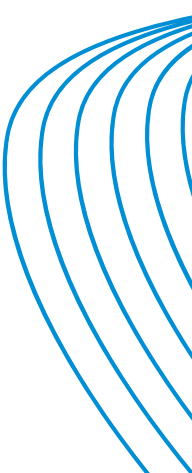
Through the lens of celestial insights from astrological readings, we seek to unravel your divine alignment.

Drawing upon the ancient wisdom of herbs and Ayurveda, our experts skillfully weave together a tapestry of personalized perfection.

The alchemy of this process culminates in the artful crafting of your very own harmonious blend, harmonizing the quintessential elements to elevate your experience.



## JOURNEY THROUGH THREE DISTINCT STAGES:

1. Cleansing
  2. Balancing
  3. Enhancing
- 

# BODY AND SPACES

# Cleansing

OVER THE LAST 11 YEARS

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## **Cleansing in Bio Seven Wellness Signature Program:**

- Targets your body and electromagnetic field.
- Removes static ions, minus IR, and UV.
- Enhances and cleanses koshas levels.

## **Impact on Emotional Body:**

- Amplifies sensitivity as layers open.
- Emotional responses may include crying, excitement, or shouting briefly
- Unlocks and releases pent-up emotions.

## **Detox Process:**

- Customized blend induces detox.
- Promotes sweating, increased urination, or emotional release.
- Facilitates the removal of stored emotions for personal growth.

## **Assurance and Understanding:**

- Recognizes the noise during emotional release as part of the growth process.
- Acknowledges the need for detox and the various ways emotions can be released.
- Emphasizes the importance of the process for overall well-being.

BODY AND SPACES

# Balancing

OVER THE LAST 11 YEARS

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## **Foundation Strengthening:**

- Commit to serious health and holistic wellness.
- Work on aligning your GPS for growth.
- Break free from old patterns for a new foundation.

## **Balancing and Growth:**

- Journey through three stages of balancing.
- Chakra balancing and opening meridians.
- Acupuncture and massage for holistic body alignment. The first layer removes negativity, the second opens flows, third enhances.

## **Enhancements for Growth:**

- Identify strengths and weaknesses.
- Determine suitable stones, lifetime crystals, routines, and blends.
- Craft a personalized lifestyle for ongoing growth.

## **Fear-Free Growth:**

- Complete three-level journey addresses fears.
- Focus solely on personal growth and development.
- Achieve balance and harmony for a fear-free future.



BODY AND SPACES

# Enhancing

OVER THE LAST 11 YEARS

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## **Gemstone Introduction:**

- In the growth phase, introduce gemstones.
- Gemstones act as amplifiers for positive energy.

## **Crystal Recommendations:**

- Suggest specific crystals for amplification.
- Crystals absorb negativity but lack self-cleansing.

## **Amplifying Body Energy:**

- Enhance body energy with gemstones and crystals.
- These elements amplify positivity in your life.

## **Optimizing Results:**

- After cleansing and balancing, evaluate what's missing.
- Add stones and crystals to complement your lifestyle.

## **Personalized Lifestyle Elements:**

- Incorporate stones and crystals into your jewellery.
- These elements become a seamless part of your lifestyle.

## **Holistic Growth Steps:**

- Ensure optimal results for future growth.
- This comprehensive approach aligns your well-being for the journey ahead.

# Signature Wellness Program - Learning Based healings

Duration	3 Months		6 Months		12 Months
	With team	With Dr S Pujah	With team	With Dr S Pujah	With Dr S Pujah
Total Session	12	12	20	20	36
No of Sessions With Team / Dr S Pujah	9	9	12	12	24
Session with Therapist are online (Reiki, Theta, Bars)	3	3	4	4	6
Meditation	Self Meditation	Self Meditation	4	4	6
Weekly Appointments	30 mins	30 mins	30 mins	30 mins	30 mins
1st Appointment Duration with Dr S Pujah	1hr	1hr	1hr	1hr	1hr
Progressive Wellness Insights	Connecting to your deeper and self alignment	Connecting to your deeper and self alignment	Regenerate established Body realities signature Program	Regenerate established Body realities signature Program	Connecting to higher resonance and Bespoke shift the realities
Deeper Transformation	Introduction to Journey	Introduction to Journey	Substantial Progress	Substantial Progress	Holistic and profound transformation
Cost-Effective Investment	Entry-level commitment	Entry-level commitment	Economical with increasing benefits	Economical with increasing benefits	Maximized value for an extended and immersive experience
Life Time Reports, Chakra Test Report, Dasha Test Report, GPS Report	1 each	1 each	2 each	2 each	4 each
Customized Blends / Products	9	9	18	18	36
3 Stages Process: Cleansing, Balancing, Enhancing	1 time	1 time	2 Times	2 Times	4 Times
Self Recorded					

## Complete all these Tests

- Introduce Your Self
- Chakra Test
- Self Details
- Dasha Test

## Book an appointment

- Online consultation

# Wellness Journey Begins

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## Assessments Detailed sent to fill up

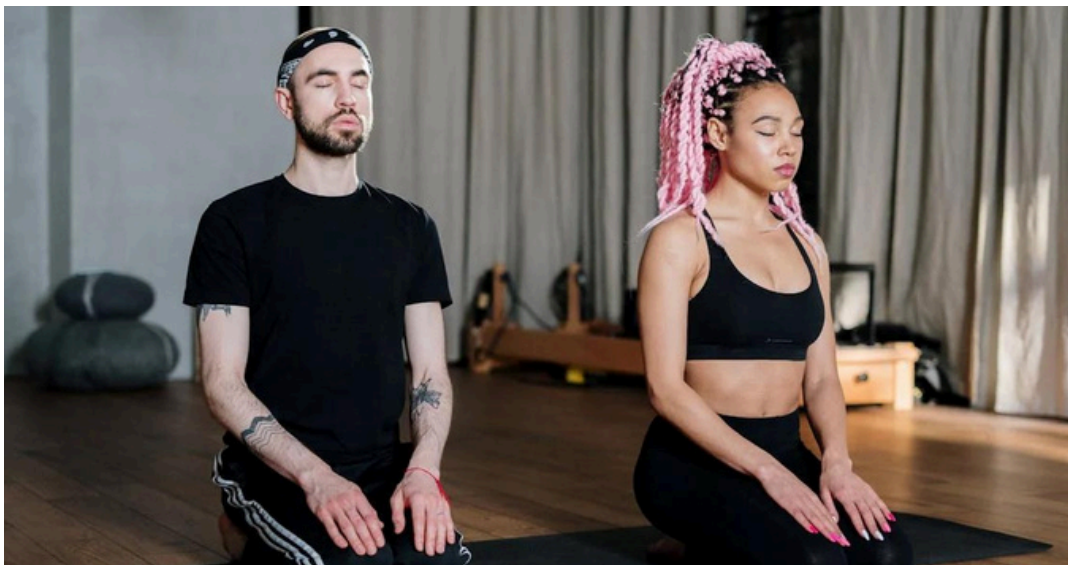
Explore the Depths of Your Being Through Doshas, Chakras, Body Details, Life Insights, Astrology, and Ayurvedic Assessments.

Our comprehensive questionnaire delves into the intricacies of your doshas, chakras, body specifics, life details, and astrological influences.

Rooted in Ayurvedic principles, these assessments serve as the foundation for understanding you in exquisite detail. Crafted with precision, our questionnaire is a bespoke instrument designed to unravel the nuances of your essence.

By exploring the unique interplay of doshas, the energy centers of chakras, intricate body details, life experiences, and the cosmic influences of astrology, we unveil a tapestry of insights that guides us in creating the perfect ingredients and formulas for your personalized AURA.

Your journey toward self-discovery begins with our thoughtfully curated assessments, providing a pathway to harmonize your inner and outer worlds through the artful crafting of your personalized aura blend.



# Wellness Journey Begins

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## Dr S Pujah Consultation

(1st Appointment – 1 Hour) Schedule an Appointment with Dr. S. Pujah for Your Personal Assessment. Embark upon an exclusive journey with our bespoke online service—a moment of privilege meticulously curated for each discerning customer.

During your one-hour session with Dr. S. Pujah, we delve into the profound realm of celestial insights derived from astrological readings. Together, we aim to unveil and understand your divine alignment.

Drawing upon the rich tapestry of ancient wisdom encapsulated in herbs and Ayurveda, our expert practitioners skillfully weave together a personalized masterpiece. This intricate process is an alchemical journey that culminates in the artful crafting of your very own harmonious blend.

By harmonizing the quintessential elements, we elevate your experience to new heights. Your assessment with Dr. S. Pujah is not just an appointment, it's a transformative step towards understanding and embracing your unique essence.



# Wellness Journey Begins

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## Weekly 3 appointments 30 minutes

Via personalized communication, we intricately examine your responses, delving into your history and unique characteristics

## Bio 7 program Begins with 3 stages Cleansing, Balancing, Enhancer

Embark on the initial phase of the Bio7 Wellness 3-Stage Program: The Cleansing Phase. Immerse yourself in the art of tailored elevation with our exclusive Aura Enhancer Blend.

Our meticulously crafted blend invites you to discover a refined process that unfolds through three distinct stages: Cleansing, Balancing, and Enhancing. Let the journey begin as you cleanse and purify, paving the way for a harmonious balance that sets the stage for the transformative enhancement that follows.

The Aura Enhancer Journey is a bespoke experience, a testament to our commitment to your holistic well-being.



# Wellness Journey Begins

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## 1st Month : Cleansing phase Begins

### **Cleansing in Bio Seven Wellness Signature Program:**

- Targets your body and electromagnetic field.
- Removes static ions, minus IR, and UV.
- Enhances and cleanses kosher levels.

### **Impact on Emotional Body:**

- Amplifies sensitivity as layers open.
- Emotional responses may include crying, excitement, or shouting briefly.
- Unlocks and releases pent-up emotions.

### **Detox Process:**

- Customized blend induces detox.
- Promotes sweating, increased urination, or emotional release.
- Facilitates the removal of stored emotions for personal growth.

### **Assurance and Understanding:**

- Recognizes the noise during emotional release as part of the growth process.
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### **Detox Process:**

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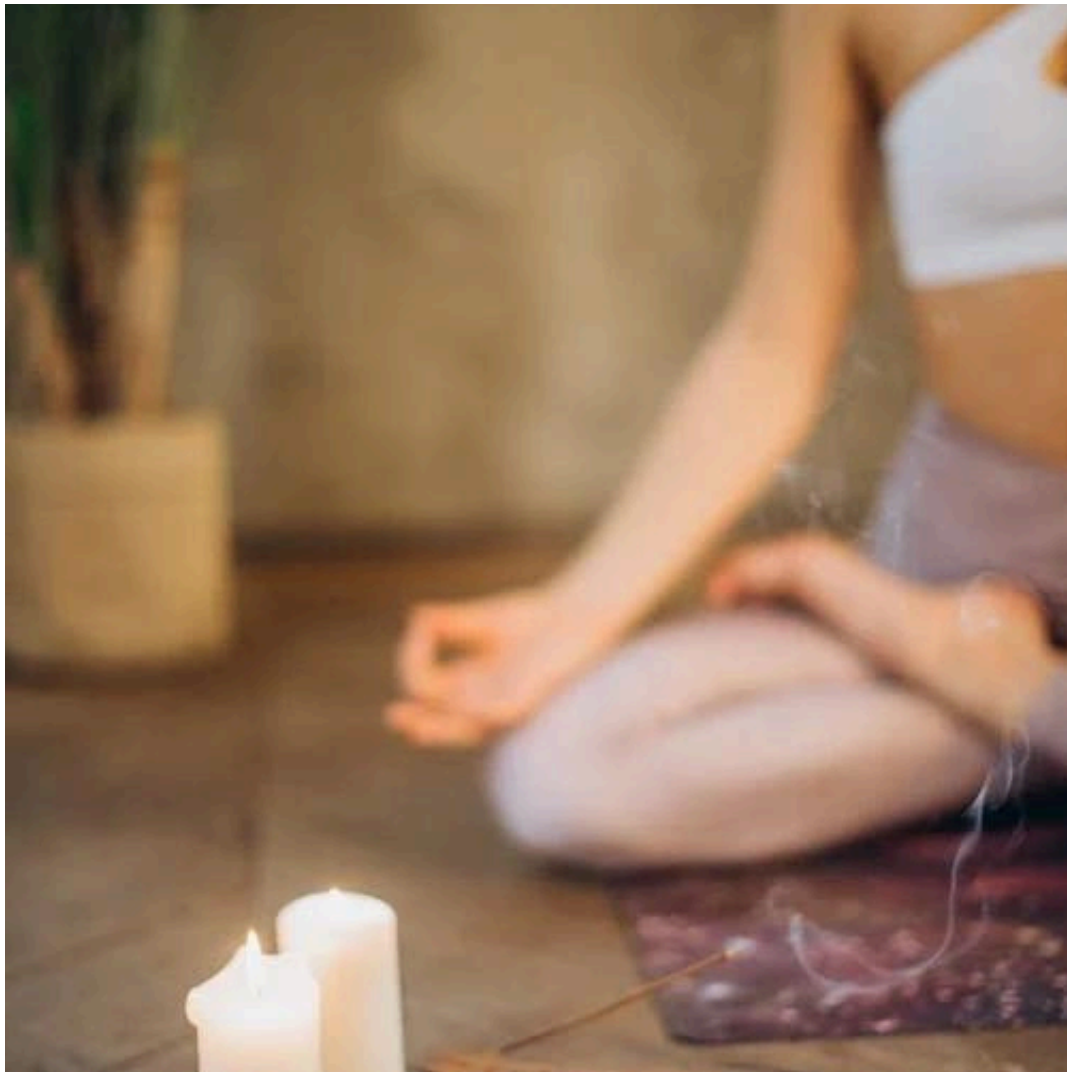
# Wellness Journey Begins

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## 1st Month : Cleansing phase Begins

### Assurance and Understanding:

- Recognizes the noise during emotional release as part of the growth process.
- Acknowledges the need for detox and the various ways emotions can be released.
- Emphasizes the importance of the process for overall well-being.



# Wellness Journey Begins

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## 2nd Month Balancing phase Begins

### Foundation Strengthening:

- Commit to serious health and holistic wellness.
- Work on aligning your GPS for growth.
- Break free from old patterns for a new foundation.

### Balancing and Growth:

- Journey through three stages of balancing.
- Chakra balancing and opening meridians.
- Acupuncture and massage for holistic body alignment. The first layer removes negativity, the second opens flows, third enhances.





# Wellness Journey Begins

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## 2nd Month Balancing phase Begins

### Enhancements for Growth:

- Identify strengths and weaknesses.
- Determine suitable stones, lifetime crystals, routines, and blends.
- Craft a personalized lifestyle for ongoing growth.

### Fear-Free Growth:

- Complete three-level journey addresses fears.
- Focus solely on personal growth and development.
- Achieve balance and harmony for a fear-free future.



# Wellness Journey Begins

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## 3rd Month Enhancing phase Begins

### Cleansing Phase:

- Address body cleansing, eliminating static ions.
- Remove layers stored in emotional and wisdom bodies.

### Balancing Phase:

- Fix frequencies of planets, chakras, and petals.
- Align the body for restored balance.

### Gemstone Introduction:

- In the growth phase, introduce gemstones.
- Gemstones act as amplifiers for positive energy.

### Crystal Recommendations:

- Suggest specific crystals for amplification.
- Crystals absorb negativity but lack self-cleansing.

### Amplifying Body Energy:

- Enhance body energy with gemstones and crystals.
- These elements amplify positivity in your life

### Optimizing Results:

- After cleansing and balancing, evaluate what's missing.
- Add stones and crystals to complement your lifestyle.

### Personalized Lifestyle Elements:

- Incorporate stones and crystals into your jewellery.
- These elements become a seamless part of your lifestyle.

### Holistic Growth Steps:

- Ensure optimal results for future growth.
- This comprehensive approach aligns your well-being for the journey ahead.

# Wellness Journey Begins

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## Formulation Begins

Final step is the culmination of this journey is the arrival of your personalized ENERZING formula, meticulously crafted exclusively for you. Delivered with care to the sanctuary of your home, it represents the epitome of tailored indulgence at your doorstep.

## Product Delivered

Your customized formula will be gracefully delivered to your doorstep, accompanied by a personalized regimen card outlining the exact usage instructions before and after applying your distinctive Blend and Salts

## Get Aligned

Immerse yourself in a professional service that seamlessly integrates the harmony of nature with the alignment of your zodiac, chakras, and astrology. Our divine, high-potency ingredients, coupled with scientific expertise, converge to craft a profoundly personalized aura blend tailored exclusively for you



# Our Services

## 1 MONTH- ONLINE CONSULTATION

No. of Sessions : 02

- 1st Appointment for 1 hr with Dr S Pujah
- Bio 7 Wellness 3 Stage Program:  
Cleansing, Balancing, Enhancing
- With Report & Consultation
- Customized Blend
- Charged Bath Salt
- Chakra Oils
- Follow up online Sessions

**\$506**

[Enroll Now ⇒](#)



# Our Services

## 3 MONTHS WITH TEAM

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No. of Sessions : 12

- Weekly Appointments
- 1st Appointment for 1 hr with Dr S Pujah
- Dosha test, Chakra test, Life time report
- Assessments
- Bio 7 Wellness 3 Stage Program :  
Cleansing, Balancing, Enhancing
- 9 sessions with Team
- 3 Sessions with Therapist
- Weekly Appointments
- Theta or bars or past life regressions
- Meditation Sessions

**\$2940**

[Enroll Now ⇒](#)



# Our Services

## 3 MONTHS WITH DR S PUJAH

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No. of Sessions : 12

- Weekly Appointments
- 1st Appointment for 1 hr with Dr S Pujah
- Dosha test, Chakra test, Life time report
- Assessments
- Bio 7 Wellness 3 Stage Program:  
Cleansing, Balancing, Enhancing
- 9 sessions with Dr S Pujah
- 3 Sessions with Therapist
- Weekly Appointments
- Theta or bars or past life regressions-  
Meditation Sessions

**\$3595**

[Enroll Now ⇒](#)



# Our Services

## 6 MONTHS WITH TEAM

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No. of Sessions : 20

- Weekly Appointments
- 1st Appointment for 1 hr with Dr S Pujah
- Dosha test, Chakra test, Life time report
- Assessments
- Bio 7 Wellness 3 Stage Program:  
Cleansing, Balancing, Enhancing
- 12 sessions with Team
- 4 Sessions with Therapist
- Weekly Appointments
- Theta or bars or past life regressions
- 4 Meditation Sessions

**\$4901**

[Enroll Now ⇒](#)



# Our Services

## 6 MONTHS WITH DR S PUJAH

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No. of Sessions : 20

- Weekly Appointments
- 1st Appointment for 1 hr with Dr S Pujah
- Dosha test, Chakra test, Life time report
- Assessments
- Bio 7 Wellness 3 Stage Program:
- Cleansing, Balancing, Enhancing
- 12 sessions with Dr S Pujah
- 4 Sessions with Therapist
- Weekly Appointments
- Theta or bars or past life regressions
- 4 Meditation Sessions

**\$5990**

[Enroll Now](#) ⇒





# Our Services

## 12 MONTHS WITH DR S PUJAH

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**No. of Sessions : 36**

- Weekly Appointments
- 1st Appointment for 1 hr with Dr S Pujah
- Dosha test, Chakra test, Life time report
- Assessments
- Bio 7 Wellness 3 Stage Program:  
Cleansing, Balancing, Enhancing
- 24 sessions with Dr S Pujah
- 6 Sessions with Therapist
- Weekly Appointments
- Theta or bars or past life regressions
- 6 Meditation Sessions

**\$10782**

[Enroll Now ⇒](#)



A woman with her hair in a bun, wearing a white sweatshirt and blue pants, is sitting in a meditative pose on a rocky mountain peak. She is looking out over a vast, hazy mountain range. The text "Nature can heal us" is overlaid on the image in a white, cursive font.

*Nature can heal us*



For further information or to book your program, please contact:

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 [www.spujah.com](http://www.spujah.com)

Welcome Video & Overview of  
Bio 7 Wellenss Method (Youtube)

[Watch Now ⇒](#)

Bio 7 Wellness E-Book

[Download Now ⇒](#)

Set An Appointment with Dr. S Pujah

[Schedule Now ⇒](#)