



WITS FXMED

Powered by WellnessWits

Presents:

The NutriSHIFT

Health Campaign

A science-backed, expert-guided experience crafted to reset the body, reenergize the mind, and reduce the risk of chronic disease.



Enhance Mental Performance



Reduce Fatigue & Sick Days



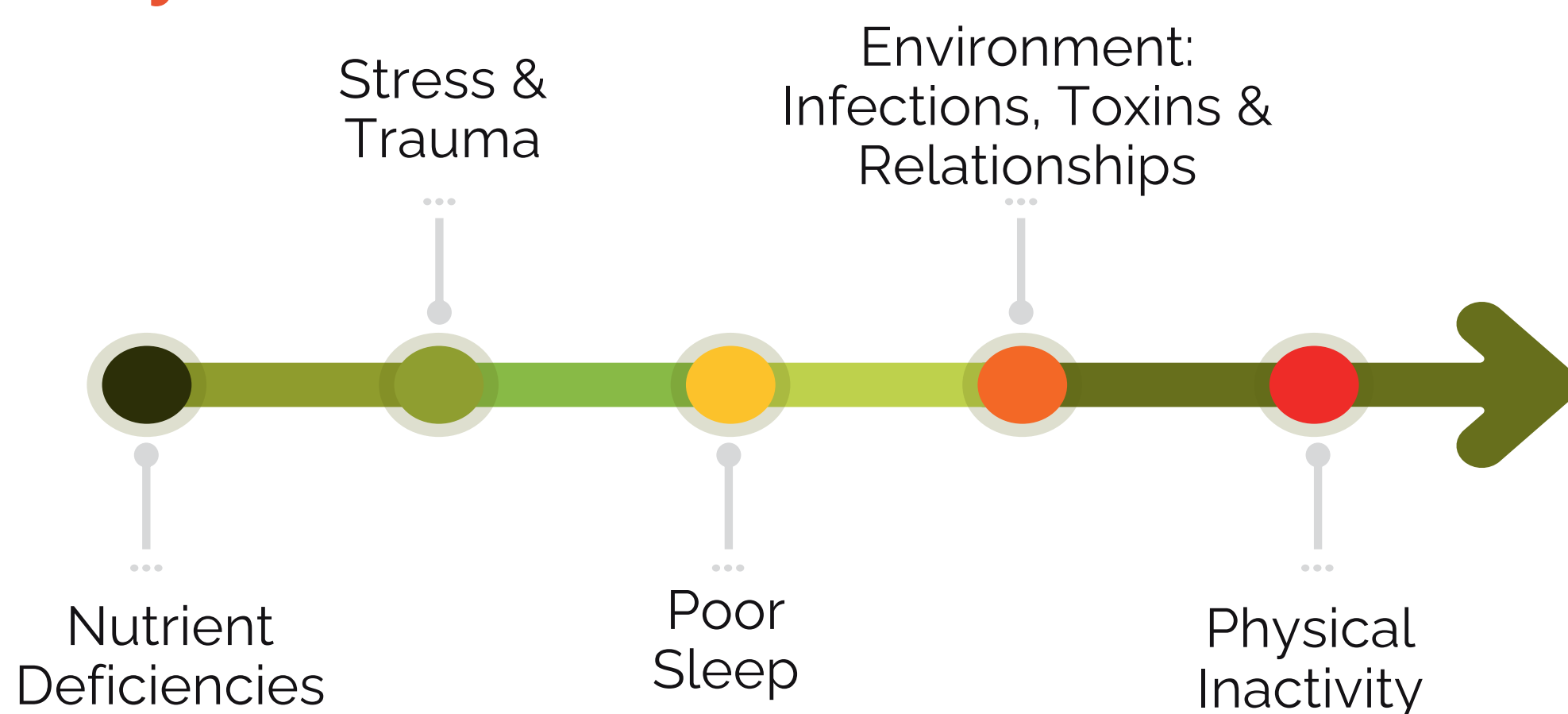
Improve BP and Blood Sugar

WWW.FXMED.NG

What is NutriSHIFT

NutriSHIFT is a framework focused on improving the overall health of a person by addressing underlying causes of chronic symptoms. It is based on 6 core elements: **Nutrition, Stress response, Hormonal balance, Immunity, Food metabolism and Toxin removal.** When there is an impairment in any of these functions, chronic disease(s) may ensue. These functional impairments are sometimes referred to as 'root causes' or 'underlying factors' influenced by nutrition and lifestyle.

Lifestyle Modifiable Causes of Chronic Diseases



Campaign Details

We are offering an information packed talk series with a host of wellness resources. Our goal is to empower people at risk of chronic diseases with the tools they need to take informed steps to positively influence their health and well being.

The NutriSHIFT campaign includes:

- Expert-led health talks
- Mobile app and digital access
- Pre- and post-self assessment tools
- Vital sign checks (BP, HR, Glucose)
- Free giveaways and samples
- Customizable nutrition and fitness plans

Facilitator:

Meet Dr. Kike Oduba, founder of WITS FxMed and the creator of the NutriSHIFT health framework. She is a globally recognized speaker, coach and healthcare strategist focused on chronic disease prevention and management.



Dr. Kike Oduba MD, MPH

Chief Wellness Officer at WITS FxMed

Board Certified Health and Wellness Coach and
Functional Medicine Provider

Testimonials: Meet Kirby



An engineering professional and former athlete.

Suffered from...

- High Diabetes risk
- Stomach discomfort
- Fatigue
- Unexplained weight gain

After NutriSHIFT....

- Lost 40lbs (18kg)
- Increased energy levels
- Improved blood pressure



Prudence

Local Guide · 51 reviews · 8 photos



4 years ago

These are people who truly care about their clients. They not only deliver on their promise to identify health concerns and prescribe a plan to overcome, they also go above and beyond to make sure you accomplish your goals. They are a blessing in my life. I'm at a better place of health than I've been in the past 10 years because of Wellness Wits. Their coaching and commitment to my health has been vital to me losing 41 lbs!!! Thank you Dr. Kike and Coach Iris!!!! God Bless you!!! ~Kirby

5-Star Google Reviews from other clients:



WellnessWits

8118 Fry Rd #1303, Cypress, TX

4.7 ★★★★★ 22 reviews



Nydia Cavazos
3 reviews

★★★★★ 3 years ago

Dr. Kike Oduba was a guest speaker for Microsoft and she was able to improve so many lives by sharing her knowledge on how lifestyle and inflammatory diseases are related. I highly recommend trying Dr. Kike's NutriSHIFTS framework. For me, it was critical to understand my food sensitivities and I have seen tremendous improvement in my gut health. If there were more stars I'd give them! Thank you, Dr. Kike!



Hover to react



Ayotunde Ushie

Local Guide · 7 reviews · 5 photos

★★★★★ 4 years ago

The team is good at what they do, but I think it's the commitment to finding solutions that really strikes me. They have been of immense help in my healthcare journey and I'm so grateful.



Hover to react



Evelyn Owijie
5 reviews

★★★★★ 4 years ago

Dr Kike is very thorough and professional. She took her time to go over my health history and test results to find the root cause of my health condition instead of just putting a band aid on the problem. It is very obvious that Dr Kike and her team are focused on lifestyle healing. I feel great and I can't recommend them enough!!

Trusted By Industry Leaders



DR. VIVIAN ASAMOAH
GASTROENTEROLOGY



COLORADO BLACK
HEALTH COLLABORATIVE



How To Get Started

We offer health talks at corporate lunch and learns, local gyms, employee trainings, conferences, small group meetings, religious events and more. You can choose your own topic or any topic related to the core elements of nutriSHIFT listed below:

Nutrition and Weight Control

Stress and Mental Health

Hormones and Hormonal Balance

Immunity and Infection Control

Food Metabolism and Reactions

Toxins and Detoxification

Get Started in 3 Easy Steps:

📞 **Schedule a Discovery Call:** Let's customize a package that suits your organization's goals.

📝 **Choose Your Topics:** Select from our curated list or request a custom workshop.

📅 **Schedule Your Talks:** We'll take care of the tech, prep materials, and engagement tools.

Scan the QR code below to request a 15 minute introductory call with our team.

You can also reach us via email at

fxmed@wellnesswits.com or call +234 907 7031 311.

Ready to Experience NutriSHIFT?

Don't miss out on practical wellness strategies and tailored guidance designed to foster lasting changes that improve health, mental performance, and physical well-being.



Scan to chat with us on WhatsApp now



FOLLOW US EVERYWHERE!

+234 907 7031 311

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