



FROM ROOT CAUSES TO OPTIMAL HEALTH: THE CTRL ALT ZEN WAY

In an era of overwhelming increase of chronic diseases, Ctrl Alt Zen is a health solutions company founded by Payal Mahapatra, a distinguished Functional Medicine Practitioner & Health-Wellness Coach. Functional medicine is a systems biology-based approach aimed at identifying and addressing the root causes of diseases.

Payal has been working to transform health with holistic care by bridging the gap between traditional and contemporary healthcare practices.

Meet Payal Mahapatra: The Visionary Behind CTRL ALT ZEN

Payal's functional medicine approach comes from her long-standing training at the School of Applied Functional Medicine (SAFM) which has enabled patients to achieve optimal health through personalized care plans while addressing the root causes of their health issues. Patients have reported significant improvements in their overall well-being and quality of life after working with Payal and her team. Her dedication to empowering her clients has resulted in long-term health benefits and improved self-actualization. Through her work, she has inspired and educated individuals to take charge of their health and well-being.

The CTRL ALT ZEN Philosophy

Ctrl Alt Zen's core identity revolves around an integrated and personalized approach to health and wellness. Some of the key aspects of their philosophy are:

- A holistic view of health which believes in treating the whole person, considering physical, mental, emotional, and spiritual aspects of well-being.
- Individualized care recognizing that every individual is unique and needs a tailored approach to healthcare.
- Empowering patients to take charge of their health by providing them with the knowledge, tools, and support they need.
- Root cause resolution focusing on identifying and addressing the underlying causes of health issues rather than simply treating symptoms.
- Prevention and wellness which emphasize the importance and promotion of healthy lifestyle choices to help individuals achieve optimal health.

Join the CTRL ALT ZEN Community

Joining the Ctrl Alt Zen community is easy! By taking these steps, you can become part of the Ctrl Alt Zen community and start your journey towards optimal health and well-being.



Payal Mahapatra

Explore CTRL ALT ZEN's Offerings

Ctrl Alt Zen offers a variety of integrated health solutions designed to help individuals achieve optimal health and well-being.

- **Functional Medicine Consultations and Holistic Health Coaching:** Payal Mahapatra offers personalized consultations to identify and address the root causes of health issues.
- **Nutritional Counselling:** She provides guidance on diet and nutrition to support overall health.
- **Corporate Wellness Programs:** They offer a range of wellness programs that focus on prevention, stress management, and overall well-being.

Here are some steps you can take:

- **Visit their website. Follow them on social media:** Ctrl Alt Zen is active on social media platforms like Instagram, Facebook, and LinkedIn. Follow them to stay up to date on their latest news and offerings.
- **Attend their events:** Ctrl Alt Zen hosts events and workshops on various health and wellness topics. Check out their events page to find upcoming events you can attend.
- **Book a consultation:** If you're interested in working with Payal Mahapatra, you can book a consultation through their website or by contacting them directly.

You don't have to believe our word for it, the client testimonials from across the globe and case studies are enough to pique your interest. Payal Mahapatra's commitment to holistic care has helped patients to connect with their mind, body, and spirit, leading to a more fulfilling life. And she likes to say, "True health doesn't come from quick fixes, it's a lifelong journey, and at Ctrl Alt Zen, we're here to be your partners every step of the way."