

OUR TEAM



CAVAN CHAN
FUNCTIONAL NUTRITIONAL COUNSELLOR



Cavan Chan is a certified functional nutritional counsellor and wellness with a unique blend of expertise in functional medicine, life coaching, and corporate training. He specialises in blood sugar regulation, hormone balance, and gut health optimisation. Cavan's journey into holistic wellness began in 2005, inspired by his own experiences with endurance sports and his mother's battle with metabolic disorders.

Drawing from his background in Quantum Mechanics and experience as an R&D engineer in Silicon Valley, Cavan brings a rare combination of analytical thinking and scientific rigour to nutritional counselling. His practice focuses on uncovering root causes of health concerns and developing personalised wellness plans that address the entire spectrum of body, mind, and spirit.

Cavan's holistic approach incorporates diet, sleep, exercise, stress management, and environmental considerations. He utilises an analytical, science-backed methodology to create tailored strategies that motivate sustainable changes. Working closely with leaders and managers, Cavan addresses chronic fatigue, headaches, focus issues, and sleep disturbances.

With extensive qualifications in functional nutrition, health coaching, sleep science, stress management, and physical intelligence, Cavan is uniquely positioned to guide clients beyond their limitations. His ultimate goal is to foster improved metabolic function, increased energy levels, and holistic wellness for all his clients.



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