



FUNCTIONAL NUTRITION & GUT HEALING

3 Month Nutrition Reset Program

This 3 month Nutrition Reset Program is designed to help you feel your absolute best, from the inside out! We'll determine the most beneficial diet & lifestyle modifications you need to make in order to experience relief from chronic symptoms while also optimizing your digestion, microbiome, energy, mood, sleep and weight. I'll be your guide on your Nutrition Reset Journey so that you can learn how to incorporate & sustain healthy habits for the long-term.

Consultation Schedule:

- **New Client Visit: 75-90 min in person or Zoom**

A comprehensive initial consult to discuss health history, concerns & goals. We'll set action steps for you to implement & focus on for next 4 weeks.

- **Week 2 Support Session: 15 minute phone call**

We'll check in on how your doing since we last met and answer any questions you may have.

- **Week 4 Follow Up: 45-60 min Zoom**

We'll follow up on how your progressing, review any lab results, and determine goals for month 2 of your program.

- **Week 6 Support Session: 15 minute phone call**

- **Week 8 Follow Up: 45-60 min Zoom**

We'll determine next steps for month 3 of program.

- **Week 10 Support Session: 15 minute phone call**

- **Week 12 Follow Up: 45-60 min Zoom**

This is the last session of your 3 Month Nutrition Reset. From here we'll determine actions steps for sustaining healthy habits for the long-term, as well as discuss if additional testing and support sessions are needed.

*Text & email support available throughout program.

Associated Costs:

- Pay in Full - \$750 due at Initial Consult
- 3 installments - \$250/month, automatically billed

Lab Testing: (Testing recommendations TBD.)

- GI MAP Microbiome Test - \$325
- Food Sensitivity Testing - \$200-\$300
- Adrenal & Hormone Testing (price varies)

BOOK NOW 

