



## Holiday Help Program Specials

### Return to Balance - Up to 3 Months (length)

To start: Review and analysis of daily Food and Mood Journal  
Health History Questionnaire  
Nutritional Assessment Questionnaire (comprehensive symptom survey)  
Nutritional Therapy Disclaimer/Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors

Generate a comprehensive written protocol for you including:  
Customized nutrition, lifestyle, and supplement recommendations  
Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.  
Motivation and behavioral strategies for accountability and lifestyle changes  
Referrals when appropriate.

This package includes 2 one-to-one follow up video sessions (follow up sessions are 30 minutes), weekly support of 1 weekly check in via text or email. If you would like unlimited support between sessions, you can choose one 30 minute followup rather than 2 follow ups. We will adjust supplements based on resolved symptoms or those in need of different support, at any point during our sessions.

*Discounted Price: \$375 (Normal Price: \$475)*



# Holiday Help Program Specials

## The Stability Plan: 3-6 Months of Support

To start: Review and analysis of daily Food and Mood Journal  
Health History Questionnaire  
Nutritional Assessment Questionnaire (comprehensive symptom survey)  
Nutritional Therapy Disclaimer/Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors

Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) for you including:

Customized nutrition, lifestyle, and supplement recommendations  
Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.  
Motivation and behavioral strategies for accountability and lifestyle changes  
Referrals when appropriate.

This package includes 4 one-to-one video session follow ups, weekly email support (up to 2 email supports per week). Each month we will review your nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Discounted Cost: \$995 total (Normal Cost: 1195.00)*

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# Holiday Help Program Specials

## Finalize You Plan: 6 Months of Support

To start: Review and analysis of daily Food and Mood Journal  
Health History Questionnaire  
Nutritional Assessment Questionnaire (comprehensive symptom survey)  
Nutritional Therapy Disclaimer/Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors on the first video session. Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) for you including:

Customized nutrition, lifestyle, and supplement recommendations  
Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.

Motivation and behavioral strategies for accountability and lifestyle changes

Referrals when appropriate.

This package includes 7 one-to-one video session follow ups, weekly email support (up to 2 email supports per week). Each month we will review your nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Discounted Cost: \$1950 total (Normal Cost: 2200.00)*