

Path to Discovery: Up to 3 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. 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.

Upon initial sign up, you receive 35% off your INITIAL order of supplements. *All subsequent orders, are at full cost.*

This package includes 2 one-to-one video sessions (follow up sessions are 30 minutes), weekly support of 1 weekly checkin 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.

Cost: \$475 includes upon initial sign up, you receive 35% off your INITIAL order of supplements. All subsequent orders, are at full cost.



WELLNESS

Be You Again Program Levels

The Stable You 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.

Upon sign up, you receive 35% off your INITIAL supplement order, and 10% off your second order.

All subsequent orders, you are responsible for all supplement costs in full.

You will receive up to 8, 30-minute follow up video sessions to use over the course of the time, weekly email support (up to 2 email supports per week), as well as portal texting responses. Any text or portal messages will be responded to as quickly as possible, including emails. With extensive needs there may be times when time accumulated messaging counts toward a 30 minute session.

Each session 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.

Cost: \$195 total with a 35% off INITIAL supplement order, and 10% off your second order. All

subsequent orders, you are responsible for all supplement costs in full.

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Finalize You Plan: 6-9 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.

Upon sign up, you will receive 35% off your INITIAL SUPPLEMENT ORDER, and 25% off your second supplement order. All subsequent orders, you are responsible for all supplement costs in full.

This package includes up to 12 one-to-one video sessions (30 min each), weekly email support (up to 2 email supports per week), and portal texting responses. Any text or portal messages will be responded to as quickly as possible, including emails. With extensive needs there may be times when time accumulated messaging counts toward a 30 minute session.

Each session 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.

Cost: \$2200 total (a \$50 savings by doing one pay); or 2 pays of \$1125 each. Upon sign up, you will receive 35% off your INITIAL SUPPLEMENT ORDER, and 25% off your second supplement order.

All subsequent orders, you are responsible for all supplement costs in full.

* * Please note you will be set up for automatic payment of the second payment at 3 months.