



Be You Again Program Levels

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 guidance, shopping lists, books/reading materials, worksheets, etc.
Motivation and behavioral strategies for accountability and lifestyle changes
Referrals when appropriate.

Upon initial sign up, you will receive 35% off your INITIAL supplement order. All subsequent orders, you are responsible for full cost supplement payments.

This package includes 2 one-to-one 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.

*Cost: \$490 w/discounted supplements
Initial Supplement order is 35% off, with subsequent orders full cost.*



Be You Again Program Levels

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 guidance, shopping lists, books/reading materials, worksheets, etc.
Motivation and behavioral strategies for accountability and lifestyle changes
Referrals when appropriate.

Upon sign up, you get 35% off your initial supplement purchase, and 10% off your second purchase/reorder. All subsequent orders are at full supplement cost.

This includes up to 8, 30 minute video follow ups, weekly email support (up to 2 email supports per week), and portal texting options. If additional weekly supports (text or otherwise) are needed they are provided, but may add up to one of the follow ups. Each session we will review your child's 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: \$1190 total with supplement discount at 35% first order, and 10% second/refill order



Be You Again Program Levels

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.

Upon sign up, you will receive 35% off your initial supplement order, with 25% off a second or refill order. All subsequent orders, supplements are at full cost.

This includes up to 12, 30 minute video follows ups, weekly email support (up to 2 email supports per week), and portal texting options (additional supports are provided but may add up to a follow up session). Each session we will review your child's 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. With supplement discounts included.

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