



Be a Kid Again Program Levels

Quick Start Program - Approximately 6-8 weeks

Intake, Plus 3 Follow Ups

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.

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.

This includes up to 3, 30 minute video follow ups, 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.

This plan does not include any supplement discounts, and it is meant to just get you assessed and into a new routine with food to meet your health goals. Certain health concerns or conditions may take 6 months or more to have a substantial result. With this plan it gets you started, but if your case is particularly intense or complex, you will need to increase your plan to the next level, or purchase follow up sessions in packs.

Cost: \$850 total



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The Stability Plan: 3-6 Months of Support

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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 get 20% off your initial supplement purchase. All subsequent orders are at full supplement cost.

This includes up to 6, 30 minute video follows 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: \$1500 total with supplement discounts

- *This can be done in 2 equal payments if needed. First payment (50%) due at booking, second 50% due 2 months following.*

Finalize You Plan: 6-9 Months of Support

To start: Review and analysis of daily Food and Mood Journal

kate@simplymindfulwellness.com
simplymindfulwellness.com or itsnotjustavirus.com



Be a Kid Again Program Levels

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 25% off your initial supplement order, with 10% off a second or refill order. All subsequent orders, supplements are at full cost.

This includes up to 10, 30 minute video follow 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: \$2600 total with supplement discounts included

- *This can be done in two equal payments. First 50% due at booking, second 50% due 2 months following.*

Testing Options

kate@simplymindfulwellness.com

simplymindfulwellness.com or itsnotjustavirus.com



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* These options are NOT mandatory and are NOT part of the above packages. Any costs of testing are in ADDITION to the package price listed above as not everyone needs testing.

GI Map - this test may be offered to you based on need upon intake, symptoms, discussion or problems found once we start working together.

The GI-MAP (Microbial Assay Plus) is unique in the field of comprehensive stool testing. It relies **exclusively** on quantitative polymerase chain reaction (qPCR) technology to detect parasites, bacteria, fungi, *and more*, by targeting the specific DNA of the organisms tested.

How this works:

We decide if this test is for you. If so, the test is ordered, the kit is shipped to you. You complete the test at home (stool test), and immediately ship it via a provided envelope to the lab directly. The results are provided to me as your practitioner and we develop a plan to proceed following the results.

Cost: \$340.00

* Testing costs must be paid up front before the kit can be shipped.

MRT Food Sensitivity Testing

This is the gold standard of food testing in the fact that it measures even things not being eaten at the time. It's very comprehensive and includes additives and dyes, in addition to foods.

This kit will be shipped directly to you. This is a blood draw.

You will take the vials to the appropriate lab (we will work together to find that lab closest to you). You get the draw and the lab will submit the materials for testing for you (in most cases) or you will follow the instructions to directly mail them leaving the testing site. The results will be provided to me as your practitioner for review. We then make a plan following results.

Cost: \$375.00

* testing costs must be paid up front before your kit can be sent out.

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