**WHAT TO EXPECT WHEN WORKING WITH ME**

Your healing journey begins with a short online initial client survey to give me a general, well-rounded look at what’s going on with your health. It also covers your general diet and healthcare goals that you hope to achieve.

We’ll then schedule a complimentary discovery phone consultation to see what your goals are of pursuing functional nutrition counseling, get to know one another a bit and answer any questions you may have about functional nutrition and this type of holistic counseling program.

Once you’re ready to make diet and lifestyle changes and engage in this revolutionary counseling approach I will send you a comprehensive intake form to fill out to obtain your health history. The intake form provides a deep dive into your health, genetics, family history, triggering events and symptoms you have or have had or are currently experiencing. It also provides me with information about your lifestyle factors that could potentially be adversely affecting your health.

The next step is to schedule our first case review via zoom video call so I can gather any further information needed to complete the comprehensive assessment and to develop your health historical timeline. In addition, you will receive further assessment tools for you to fill out before we meet again to get a better sense of your daily dietary habits, digestion, sleep and information of other symptoms you may experience.

From there I fill-in my favorite holistic functional medicine tool - the functional nutrition matrix. This matrix document maps your unique story and indicates all the signs and symptoms you experience and/or have experienced. It also takes into account immune and inflammatory balance, hormone and neurotransmitters, gastrointestinal issues, oxidative stress and energy production, detoxification, environmental factors and structural integrity issues, as well as mind-body-spirit issues at play in your life.

The functional nutrition matrix maps your genetic predispositions, triggers and mediators for health and illness. I am a firm believer that you know what is healing for your body and what is not. My aim is to help you cultivate the skill of listening to the messages your body is giving you.

On our second case review meeting (via zoom) I present and provide to you your functional nutrition matrix with a customized action plan that includes targeted/bio-individual nutrition/diet and lifestyle recommendations. This is also your first nutritional counseling session. You’ll receive information on the modifications needed in your diet and lifestyle to start to regain function and heal, along with some potential rapid relief protocols, supplements, and functional medicine testing recommendations.

We start slowly with a few priority recommendations to begin. I provide clients with handouts and education to help them better understand what is going on in their bodies and why recommendations are being made.

We then schedule a follow up second nutritional counseling session in two weeks to assess how you are doing with the recommendations. Future meetings will be scheduled according to your continued need for support.

This counseling paradigm works in an *Assess, Recommend*, and *Track* course, referred to as the *ART of the practice.* Course corrections are often needed as we begin to clear the terrain in which dis-ease exists and dig into the specifics of finding your root issues. This is tailored to you specifically.

All of my functional nutrition clients begin with “clearing the muddy waters,” which translates as a preliminary diet clean-up. Ideally, in order for the body to heal we must start by eliminating the most highly inflammatory foods in the western diet. Reintroductions can be made down the line to see how your body is reacting to certain food groups, which gives you more information about your mediators for health. (For example… you may come to realize that dairy causes you to get congested and promotes acne, or that eating wheat causes immediate GI or brain fog symptoms)

Our online video communication will make it easy for you to get the counseling support you need in the privacy of your own home and helps fill the gap in health care between your doctor’s appointments. I also provide phone and email correspondence between appointments if further counseling sessions are needed.

Engaging in functional nutrition counseling is a great investment in yourself. Spending time caring for yourself naturally through individualized diet and lifestyle modification is empowering and will help you in the long run by saving money and improving your health outcomes.

Let’s get started!