

## 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 includes what your main health challenges are and what steps you may have already taken to resolve your health concerns, and information on practitioners that you may have already worked with. It also covers your general diet and healthcare goals that you hope to achieve.

We then have a complimentary discovery phone consultation to see what your goals are of pursuing Functional Nutrition Counseling with me and to see if my counseling approach might be the answer you've been looking for to resolve a chronic health issue. I will answer any questions you may have about what functional nutrition is and any other details you may have about this type of counseling program.

If you are ready to make diet and lifestyle changes and you decide that you want to engage in this revolutionary counseling approach, then I will send you a comprehensive intake form for you to fill out to obtain your complete health history.

The intake form provides a deep dive into your health, genetics, family history, triggering events and symptoms you have had or are currently experiencing. It provides me with information about your lifestyle factors that could potentially be adversely affecting your health.

Afterward we will do a follow-up video call to gather any further information needed to complete my comprehensive assessment and to develop your historical timeline with a focus on your overall health goals.

The next step involves my favorite holistic functional medicine tool—the **functional nutrition matrix**. In this form we map out your unique story, and indicate all the signs and symptoms you experience. We look at issues affecting your immune and inflammatory balance, hormones and neurotransmitters, gastrointestinal, oxidative stress and energy production, detoxification, environmental factors, and structural integrity issues, which may include problems with the spine and joints which contribute to chronic back and neck pain, arthritis, some muscle and connective tissue disorders. It also addresses what mind/body/spirit issues are at play in your life.

We will simultaneously identify your lifestyle habits, looking at sleep/relaxation, stress/resilience, diet/hydration exercise/movement, and networks/community that are important factors in your health and healing.

I will then create a customized action plan that includes targeted and bio-individual nutritional/diet and lifestyle recommendations. I provide handouts for educational purposes to help you better understand the recommendations being made. From there we decide how often you would like to meet. I offer a couple different financial packages for you to chose from.

Functional Nutrition Counseling starts with the premise of “clearing the muddy waters,” which translates as a preliminary diet clean-up. In order for the body to heal we must start by eliminating the most highly inflammatory foods in the Western diet. Refined sugar, gluten and dairy are removed so that the clearing and calming one’s system can take place. This alone can sometimes eliminate chronic health issues.

Throughout our journey I will work as part of your health care team. I am trained to read labs, functionally, and order supplements. 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 to fill the gap in health care between your doctor’s appointments. This is a great investment you are making in yourself. Spending time caring for yourself is empowering and will help you in the long run to save money and improve your health outcomes.

Overall my unique counseling style goes beyond the quick-fix mindset and pharmacological approach most of us are accustomed to in our society. Instead we will focus on transforming your daily diet and lifestyle practices to bring lasting results so you can achieve optimum health and wellness.

Let’s get started!