

**We Get To Be Well**  
**Healthy Foundation Package**

**Price: \$1,229**

**Includes Bonus Voice Messaging Support (\$400 value)**

**1. Complimentary Consultation (phone or video call)**

I offer a complimentary phone or video call (your choice) to all new clients. On the call, we'll chat for 15-20 minutes. I'll get a sense of your health goals, describe how I approach the counseling relationship, and explain service options. You can ask questions about the counseling process. Basically, we make sure we're a good fit!

*Book your free call [here](#).*

**2. Tracking Journal Begins**

I'll provide you with a simple template to track the foods you eat, your digestion symptoms, and how you feel. 7 days of information provides me with a picture of your baseline.

**3. Health History Form Completion**

I'll give you a comprehensive Health History Form to complete at your convenience. The process typically takes around 60 minutes, depending on your level of detail. The more details, the better. If you are unable to complete the form on your own, please let me know and I'll offer alternatives.

**4. Health History Form Review\*\***

I'll thoroughly review your Health History Form and begin populating your Functional Nutrition Timeline. The Functional Nutrition Timeline is a chronological map of the various factors that affect health. By looking back, we

begin to see the events or contexts that may have contributed to your current symptoms or concerns.

#### **5. Timeline Creation Session (video call)**

We'll meet for 1 hour. I'll ask follow-up questions that will allow me to gain a more robust understanding of your health history. I'll take this information and review your Tracking Journal to update your Timeline. I'll also ask follow-up questions about your goals and priorities.

#### **6. Functional Nutrition Matrix Completion\*\***

Based on the Timeline and our session, I'll create your Functional Nutrition Matrix. Where the Timeline gives a chronological view of your health, the Matrix charts your history in a way that allows me to see connections between factors that may have seemed unrelated before. It's a living document that I'll refer to and update over the course of our work together.

#### **7. 3 Nutrition Counseling Sessions (video calls)**

We'll have 3 one-hour Nutrition Counseling sessions to discuss your challenges, my recommendations, and the next steps. This is the last step in the Foundational Case Review. Sessions typically occur every two weeks, but can be adapted to your scheduling and health journey needs.

*After your final session I may invite you to continue working with me via a counseling sessions package or individual counseling sessions. This will depend on your needs at the time.*

#### **8. Action Form\*\***

I'll create and send you 4 personalized Action Forms. You'll receive the first after our Functional Nutrition Matrix Session. Then I'll send you an Action Form following each session. These forms will guide you through making initial diet and lifestyle adjustments to move you toward your health goals. We'll dive into

these recommendations during your Nutrition Counseling Sessions.

**9. BONUS: 8 Weeks of Voxer Voice-Messaging**

8 weeks of voice messaging support using the Voxer app. Drop me a voice memo if you've got a question and I'll respond with a voice message within 1 business day.

(Additional Voxer access is available for \$50/week)

*\*\*I complete these steps behind-the-scenes.*

The Healthy Foundation process typically takes between 8 and 12 weeks, depending on your timeline for completing your Health History Form and availability for our video sessions.

Please let me know if you have questions. I look forward to supporting you!