



STEP 6

As you experience a new way of understanding your health journey our hope is you maintain your health with us as well as return for any new acute or chronic issues. No matter your decision we can be a part of your health journey team.

There are holistic solutions to almost everything and if not there is a holistic piece to be added to the traditional.

We are here for your family and friends. Tell others how their journey can be different.

STEP 1

We are changing the conversation around the pursuit of health and wellness. Step 1 is your initial appointment where you will learn the first pieces to thinking about your health journey and your body in a whole new way.

Traditional labwork even annual bloodwork is often not comprehensive enough.

Functional means root cause, we like to go to the root cause of the root cause.

Health journey is different from what you might think.

STEP 5

- We believe in you and are here to support you in your choices as you participate in your health journey.
- We want you to understand and learn that your choices matter.
- We want you to learn how to set healthy expectations and boundaries with yourself and your relationship with your health.
- We want you to learn and understand where your setbacks come from and how to navigate in your maintenance part of your journey.
- We are here for you to help you in any new health issue that arises as you move forward in your continued journey.

BIG IDEAS

Achieving and Maintaining Wellness

STEP 2

In learning about your whole body in a new and different way you will review your traditional labs and functional labs with our practitioners and a series of strategies will be provided for you. These strategies will include diet and lifestyle recommendations.

Diet includes food and nutritional supplements and if applicable nutrient IV's

Lifestyle recommendations include as applicable exercise, sleep and other

STEP 4

In our experience we see setbacks for a number of reasons. Often a person misunderstands where and why these setbacks happen. In our quest to change the conversation and teach you about your health journey we address these in many ways. Sometimes we have to look at all the strategies in play.

High quality nutritional supplements make a huge difference in solving imbalances.

Supplements work best when combined with strong dietary changes.

Dietary changes work best when combined with lifestyle recommendations.

STEP 3

- Implementing your recommendations. You are part of a partnership with our knowledge and support with your participation in the plan.
- Educational support during your implementation phase. We are here to provide you with as much support and education as you need to further implement your strategies.

- Monitor and tracking your process in appointments. We will monitor your progress as you move through your journey.
- Your further participation through tracking your food, sleep and more. We can best support you if we know exactly what is happening and support you without judgements.