



## Functional Nutritional Therapy

### Advanced Package

Kelly Hill, FNTPT, RWP

\$1875/ 3-4-month investment

#### **What to Expect**

You are investing in a 3–4-month protocol designed to realign your gut, balance hormones, reduce inflammation, improve foundational nutritional habits, guide detoxification, optimize your immune system functioning, and generally improve your felt sense of wellbeing.

Over the course of the initial 6 weeks, you will gain information and a better understanding of what areas to focus on to bring the gut back into alignment. Kelly will order blood work as well as targeted specialty testing according to your clinical needs. After gathering and analyzing your data, she will recommend a personalized protocol that may draw upon lifestyle modifications, supplements, referrals for prescription interventions, or in-office IV or injection support. Three 20-minute check-ins are built in for coaching and troubleshooting along the way as you implement the comprehensive plan.

At the end of the protocol all supports will be stopped for one month and a GI MAP retest along with any necessary blood work will be performed.

#### **New Client Process:**

##### 90 Minute Initial Consultation

- Functional nutrition assessments
- Review of 7-day food diary identifying areas of change or improvement
- Diet myths and facts: addressing common misunderstandings
- Macronutrient recommendations
- 3 key micronutrients to focus on with food-as-medicine and foundational supplement recommendations
- Supplement review and recommendations\*
- Ordering blood work and specialty labs\*
- Creating an interventional plan to restore proper nutrition and gut health

##### 45 Minute Follow-up Consultation

- 7-day diet review
- Check-in on progress with goals and dietary change
- Lab interpretation and explanation
- Tailored dietary support to synergize with medical interventions
- Precision supplement recommendations and adjustments\*
- Functional medicine interventions or treatment plan\*

##### (3) Coaching Calls/ Check-ins

- Periodic check-ins will be booked for questions, review, and support as you implement your program.

\* Package fee covers Kelly's time and expertise. Lab work, specialty testing, supplements, and additional interventions are billed separately by the providers of those goods and services.