



## Functional Nutritional Therapy

### Introductory Package

Kelly Hill, FNTF, RWP

\$1200/ 3-month investment

#### **What to Expect**

You are investing in a 3-month package intended to improve your felt sense of wellbeing from the ground up. Your work with Kelly begins with an in-depth assessment of your current nutritional habits and broad-spectrum symptoms then moves into education and ongoing coaching to bring your lifestyle into greater alignment with your overall physical and mental health needs. Tools like continuous glucose monitoring (CGM) and genetic testing can be added to empower you with more information regarding your body's in-the-moment responses to food, and any underlying vulnerabilities that can be addressed through nutritional therapy, lifestyle modification, and targeted supplementation.

At the end of the 3 months, you will have a clear understanding of how and what to eat, a better understanding of the effects food has on your body, and more agency over food.

#### **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 genetic testing, continuous glucose monitoring, or other labs as needed\*
- Creating an interventional plan to restore proper nutrition and gut health

##### Bi-monthly Coaching and Education for 3 Months

- CGM and genetic testing interpretation, analysis, and explanation.
- Education on what a whole foods diet really means, with a focus on blood sugar regulation, inflammation reduction, and mental health support.
- Strategies for eating out.
- Pantry and grocery education.
- Working together to create a meal plan.

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