

Functional Health Coaching for Individuals



When was the last time you talked to a health professional who took the time to really understand you and your health issues? Not to mention help you to get to the root cause of your illness or weight issue and guide you to a resolution?

My job is to take the time necessary for a full assessment, and to get to know you along with your history and wellness goals. I use the functional medicine organizing system and framework to **pinpoint underlying issues and healing opportunities** that may have in the past, gone undetected. We address the “root cause” of your health imbalances and create a personal lifestyle plan for long-term health; body, mind, and spirit. This plan and the implementation of it, is your **“KEY”** to achieving your wellness goals now and for your future.

One-time consultation \$120 (90 minutes)

Coaching session \$130 (2 hours) phone or in person; includes session and emailed recommendations

Three month package \$700 (**save \$80**) includes 6 sessions (consultation separate)

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