

Get to the Root of Your Health — Not Just the Symptoms

Personalized functional nutrition designed to uncover what your body truly needs to heal, rebalance, and thrive.

[BOOK YOUR FREE DISCOVERY CALL >](#)

“

“If you honor their story and are able to tell it back to them in a way that makes sense to them, they can work to unwind their complex collection of symptoms and return to health.”

— DR. HENRI ROCA, INSTITUTE OF FUNCTIONAL MEDICINE



HOW IT WORKS



1. DISCOVER

We uncover your full health story and identify root causes.



2. PERSONALIZE

You receive a customized nutrition and lifestyle plan.



3. SUPPORT

We refine, adjust, and support your progress over time.



Comprehensive Nutrition Package

\$350

A guided, step-by-step experience designed to connect the dots, reduce overwhelm, and give you a clear path forward.

[START WITH A FREE DISCOVERY CALL](#)

- ✓ 4 private sessions
- ✓ Personalized health timeline
- ✓ Targeted nutrition + lifestyle plan
- ✓ Ongoing support + adjustments

YOUR 4-STEP EXPERIENCE

1



Your Health Story 60 MINUTES

We collect the details of your health—where you've been today.

- Full intake + history deep dive
- Identify root contributors
- Build your personalized health timeline
- Clarify your goals and priorities



2



Comprehensive Review 60 MINUTES

We analyze your patterns and refine your timeline.

- Review food, mood, and symptom tracking
- Identify gaps + triggers
- Clarify current habits and challenges



3



Personalized Plan 30 MINUTES

You receive a clear, actionable roadmap.

- Nutrition + lifestyle recommendations
- Supplement guidance (if needed)
- Lab insights (if applicable)
- Next-step strategy



4



Stability & Support 30 MINUTES

We fine-tune your plan and support your progress.

- Track improvements
- Adjust recommendations
- Strengthen sustainable habits



ONGOING SUPPORT

Continued guidance when you need it because your health journey doesn't stop after four sessions.



Single Session
(30 min)
\$75



3-Session Package
\$200



Ready to finally understand your body?

Stop guessing. Start connecting the dots.

[BOOK YOUR FREE DISCOVERY SESSION](#)



Root Cause Focused
We look beyond symptoms to find answers.



Personalized Care
Your plan is tailored to your unique health story.



Science + Compassion
Evidence-based guidance with a human touch.



Sustainable Results
Strategies for lasting change you can feel.