

FUNCTIONAL WELLNESS CONSULT	THE A1C SOLUTION Diabetes Reversal Program	THE STRONGER GUT Gut + Detox Program
By Appointment	90-Day	90-Day
Functional Blood Chemistry Analysis	Functional Blood Chemistry Analysis	Functional Blood Chemistry Analysis
Health Assessment	Health Assessment	Health Assessment
Cellular Health Assessment	Cellular Health Assessment	Cellular Health Assessment
Lab Work Interpretation + Recommendations (at cost)	Lab Work Interpretation + Recommendations (at cost)	Lab Work Interpretation + Recommendations (at cost)
Evidence-based Nutrition Recommendations	Personalized Macro-based Nutrition Plan + Adjustments	Personalized Macro-based Nutrition Plan + Adjustments
Exercise Recommendations	Meal Plans & Recipes Available	Meal Plans & Recipes Available
Lifestyle Recommendations	Lifestyle Recommendations	Lifestyle Recommendations
Professional-grade Supplement Access - Recommendations based on lab work	Professional-grade Supplement Access - Recommendations based on lab work	Professional-grade Supplement Access - Recommendations based on lab work
One 90-minute Virtual Consultation	Gym or Home Fitness Program (Diabetes Focused)	Gym or Home Fitness Program (Detox Support Focused)
	Exercise Accountability	Exercise Accountability
	75-Min Kickstart Call (A personalized orientation to outline your goals and set you up for success)	75-Min Kickstart Call (A personalized orientation to outline your goals and set you up for success)
	(12) Weekly 30-minute 1:1 calls to support & encourage you and make adjustments	(12) Weekly 30-minute 1:1 calls to support & encourage you and make adjustments
	Weekly Check-ins via app/text	Weekly Check-ins via app/text
	Weekly Video/Audio Training via App to Guide you in Implementing Your Personalized Plan for Diabetes Reversal	Weekly Video/Audio Training via App to Guide you in Implementing Your Personalized IBS/Gut Healing + Detox Plan