



CREATE

HEALTH SOLUTIONS

Intake & Assessment



- Longing
- Ongoing Challenges
- One Page Timeline
- Medication Review
- Supplement Review
- Personal Story

Fundamental Health



- Food
- Sleep
- Movement
- Mindfulness
- Behavior change
- Lifestyle Medicine

Targeted Testing



- Digestion
- Inflammation
- Nutrient imbalances
- Liver function
- Hormone balance
- Genetics

Nutrient Balance



- Personalized & collaborative nutrition plan
- Correction of deficiencies
- Rebalancing nutrients

Gut Health



- Gut infection
- Leaky Gut
- Gut-brain axis
- Lining repair
- Complete Digestion & Absorption

Detox



- Open pathways
- Targeted detox protocol
- Environmental analysis
- Systems support
- Liver function

Hormone Balance



- Endocrine balance
- Systems Homeostasis
- Eliminate disruptors
- Tailored plan

Cellular Energy



- Mitochondrial dysfunction
- Genetic SNP's
- Targeted support
- Energy Balancing

Nervous System



- Belonging
- Efficiency
- Adaptogens
- Rhythms
- Vagal Tone
- HPA Axis regulation