

THE HOLISTIC PATH OF FUNCTIONAL WELLNESS

Functional Wellness is a personalized, whole-person approach to understanding the many factors that may influence overall well-being. Each step builds on the last—creating a practical path toward greater awareness, healthier habits, and sustainable wellness.

1

TEST

Explore your wellness history and information.



NUTRIENTS



LIFESTYLE



ENVIRONMENT



DATA



2

ASSESS

Understand the bigger picture.



STRESS
MANAGEMENT



SLEEP
QUALITY



NUTRITION &
BLOOD SUGAR



MOVEMENT &
LIFESTYLE



TOXINS &
ENVIRONMENT

3

PERSONALIZE

Create an individualized wellness approach.



EDUCATION



HABIT
DEVELOPMENT



GOALS

4

SUPPORT

Build sustainable wellness habits.



SUPPLEMENTS



HOMEOPATHY



HEALTHY
EATING



MIND-BODY
SUPPORT



EDUCATE / EMPOWER / RESTORE