Integrative Wellness Consulting

Bridging medicine, wellness, and human connection, empowering health practitioners and brands to deliver truly personalized health care.

Dr. Patricia Tello, Ph.D. | Integrative Wellness Consultant

Meet Dr. Tello

Naturopathic Doctor specializing in wellness and patient navigation

- 10+ years of experience in corporate wellness, patient navigation, and integrative health.
- Former Wellness Director at RxVIP Concierge Quality Pharmacy.
- Former Wellness Concierge at Fountain Life
- Expert in lifestyle medicine, nutrigenomics, personalized supplementation, and Autism
- Board Certified Alternative Medical Practitioner
- Board Certified Holistic Health Practitioner.

A Bridge Between Care

I help healthcare providers, wellness coaches, and wellness companies design and implement evidence-based, patient-centered wellness programs that combine:

- Functional & lifestyle assessments
- Advanced lab testing and nutrigenomic insights
- Supplementation and compounding solutions
- Education and follow-up protocols for lasting results

Tailored Consulting

Physicians

Integrative programs designed specifically for lifestyle and supplement integration for patients to improve outcomes, and add new revenue streams

Health Coaches

ND partnership & lab access for effective support with lab testing, and supplement support to create credibility and retention

Wellness Companies

Strategic consulting, education, program creation and for growth, trust, and brand expansion

Support for Physicians

Comprehensive Protocols

My lifestyle and supplement protocols are designed to optimize patient health, providing tailored recommendations that align with patients' unique wellness journeys and medical needs.

Advanced Lab Panels and Testing

Utilizing labs and testing enables healthcare providers to make informed decisions regarding protocols and interventions that suit each client's requirements.

Integrative Consultations

ND-led patient consults offer physicians the opportunity to collaborate on patient care, ensuring a holistic approach that enhances outcomes and fosters deeper patient-provider relationships.

Support for Health Coaches

Enhance your practice through collaboration

Access to Labs

Collaborate with NDs to provide your clients access to the latest lab testing and quality supplements, ensuring comprehensive care tailored to individual health needs.

ND Assessments

Benefit from professional ND assessments that help in creating personalized wellness plans and strategies for your clients, enhancing their overall health and satisfaction.

Client Follow-ups

Work alongside NDs for regular client check-ins, ensuring consistent support and adjustments to wellness plans, fostering a strong client-coach relationship and trust.

Revenue Snapshot

Source	Description	Est. Range
Initial consultation	First client assessment	$150—$200 each
Follow-up program	Ongoing support (monthly)	$75—$100/month
Retainer (Doctors)	Per practice for ongoing support	$1,500—$3,000/month
Corporate consulting	Brand/department setup	$4,000—$8,000/project
Speaking/training	Webinars, events, advisory	$500—$1,500/session

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- Adds revenue and retention to existing practices
- Expands credibility for coaches and companies

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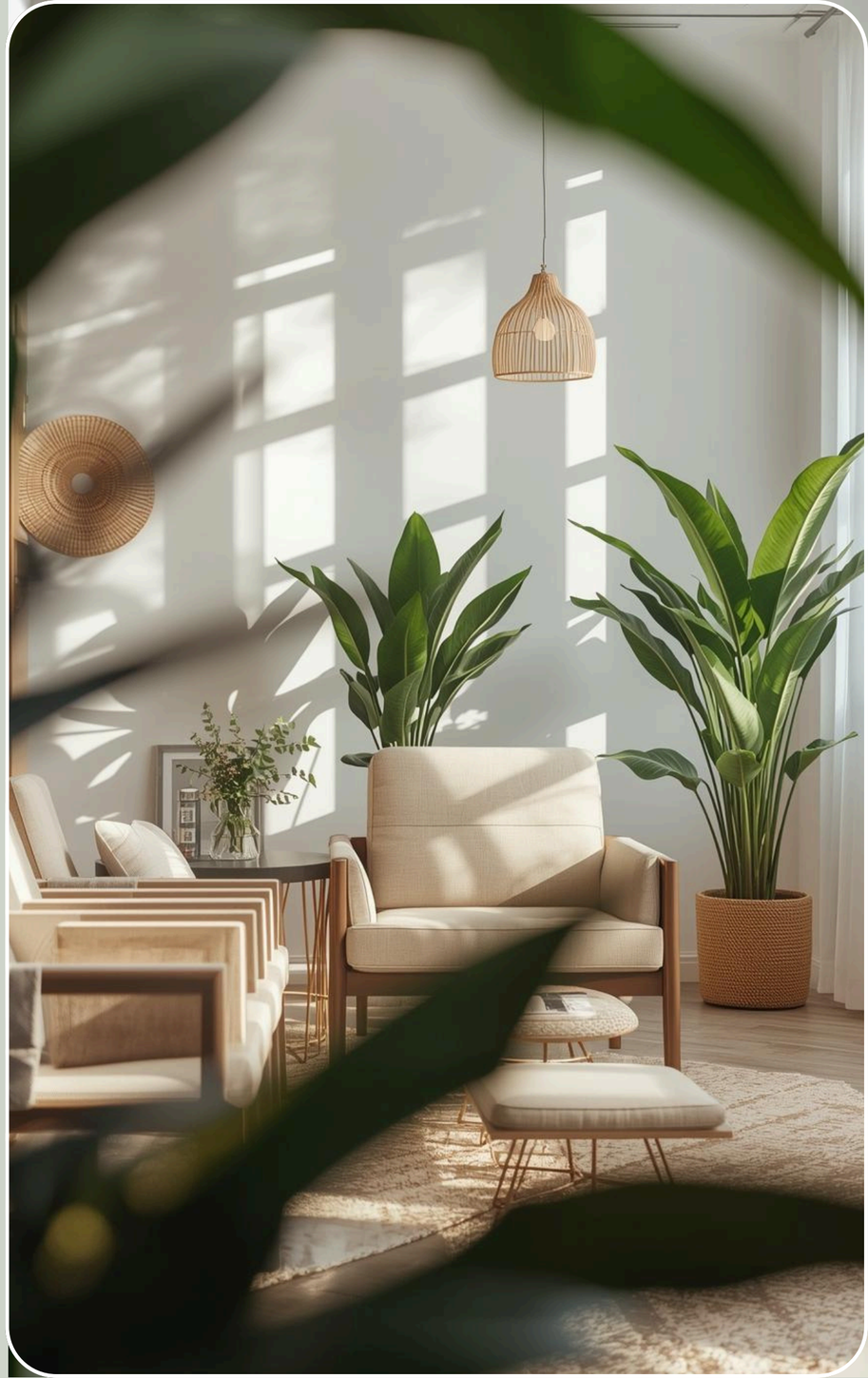
- Brings an evidence-based, compassionate, human touch
- Bridges clinical medicine with holistic care



Let’s build the future of wellness

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Naples, FL | Remote Consulting Available