

Services Overview

04



Functional Lab Testing and Nutritional Support

Packages are offered in 3 month programs or 6 month programs.

All Lab and Nutrition Packages follow the same structure, but prices change based on the included labs.

Program Structure:

01. 15 min Phone Consultation

We will have a 15 min phone consult to discuss your health concerns and help you decide which lab package is the best fit for you.

02. Lab Testing

Lab Tests are sent to your home for completion. You will then send them straight to the lab for analysis!

03. Initial Intake Session (45 min)

Whether you'd like to meet in person or online, we will discuss your health history, current struggles, and future goals so that when we have your labs in hand, we will have a targeted direction.

04. Results and Protocol Session (90 min)

With your lab results in hand, we will go over what we found and get you started on a personalized diet and supplementation protocol according to your needs.

05. Support Sessions

We will either meet by phone/online/in-person every other week for the first two months (4 times) to help you feel confident in your choices and progress as you make changes for your health. We will then meet monthly afterwards!

(5 total Support Sessions in 3 month program)

(8 total Support Sessions in 6 month program)

06. Also Included:

- Unlimited access to Online Chat with Allie, FDN-P by the online client portal to ask questions and get support outside of sessions
- Weekly educational videos, handouts, and health tips/tricks
- Weekly Food Journal feedback and nutrition coaching by online client portal throughout entire program.

Program Options

Programs	For the person who is struggling with or working towards:	Labs Included
Hormone and Energy Reset	<ul style="list-style-type: none">• Painful periods• Hormonal Acne• Hair Loss• Postpartum concerns• Pre-conception• Peri-menopause• Menopause• Fertility• Stubborn weight• Poor sleep• Anxiety/Depression• and more!	<ol style="list-style-type: none">1. Saliva Stress and Hormone Panel2. Organic Acids Test3. Hair Mineral Test
Digestive and Immune Rebalance	<ul style="list-style-type: none">• Constipation• Diarrhea• IBS• Acid Reflux• Bloating• Allergies• Acne• Skin Issues like eczema or hives• Fatigue• Brain Fog• Headaches• Wondering "What do I eat?"	<ol style="list-style-type: none">1. GI-Map2. Organic Acids Test3. Food Sensitivity Test
Whole Body Wellness	<ul style="list-style-type: none">• For the person struggling with ALL of the above!• For the person wanting to dig deeper into all aspects of their health, see dramatic change, feel confident in their own skin again, feel confident about dietary choices, and find answers you haven't found through traditional blood work and medical care.	<ol style="list-style-type: none">1. GI-Map2. Food Sensitivity Test3. Organic Acids Test4. Stress/Hormone Saliva Panel

Is this Right for Me?



This is for you if:

- ✓ You value communication and want a partner in your health.
- ✓ You understand the importance of diet and nutrition in all aspects of health and know there are no quick fixes for true healing.
- ✓ You're open to using herbal or whole food supplementation (although not required, these do help speed up healing).
- ✓ You're willing to put in the hard work and consistency it takes to see changes.
- ✓ You have people around you that will support you in your health goals instead of make it hard for you to succeed.
- ✓ You understand Functional Nutrition comes from looking at the root cause of health concerns instead of treating surface level symptoms.
- ✓ You do well with gentle and encouraging coaching, rather than harsh rules.

This may not be your best option if:

- ✗ You expect immediate results without putting in the effort and being consistent.
- ✗ You're seeking the lowest possible price over value and expertise.
- ✗ You are unwilling to take your health into your own hands or make changes to your lifestyle or diet.
- ✗ Your prescription medications prevent us from achieving adequate test results or allowing certain lifestyle or supplement/food changes. (If this is a concern, let's chat!)
- ✗ You want a diet plan for quick weight loss rather than for health. (Although weight loss is typically a side effect of becoming healthy, it is never our first goal.) I rarely recommend methods for quick weight loss like caloric restriction.

01. Do you treat or diagnose disease?

No! Functional nutrition is very different than a medical approach to health. With labs, we are looking into underlying stressors on the body that could be influencing your overall health and making adjustments using diet and supplementation. We never claim to treat or diagnose a condition.

02. Will this work for me??

I hear you. You've tried it all, so what makes this different? The 1:1 approach and personalized protocol specifically for YOUR labs. My own story includes many medical dead ends and functional labs were the key to my healing. Though I never promise all of your goals will be met, I always promise a thorough investigation into your health and the kind of care I'd want for my own family. The majority of clients do see immense success within 3-6 months if they put in the work and consistency with the recommendations provided.

03. How much of a time commitment will it be?

It's all about what you want from the program! The only actual time commitment you are signing up for are the included sessions (see the above package layout). Whatever work you put in outside of those sessions (watching provided learning materials, meal prepping, tracking your food/symptoms) is completely up to you! I'd say if you were to do all of the above at 100% effort, you're looking at 2-4 hours per week total.

04. Do you work across state lines?

Yes, I do! Because I am not a medical professional, but a Functional provider, my services are considered more of a "coaching" and "educational" service that is currently not restricted across state borders.

05. Do you take insurance or will my HSA or FSA cover the payments?

My services are not covered by medical insurance, but many clients have had success with paying directly from their HSA or FSA card accounts.

06. Do you provide support after the program is completed?

Definitely. I leave you with a full layout of "next steps" and you are always welcome to continue care with me by purchasing individual sessions.

Have more specific questions? Book a free 15 min phone consult to ask away!

WWW.OFFBEETHOLISTICFDN.COM