# Frustrated with not getting answers to health challenges? Confused about what to eat and what supplements to take? Tired of one-size-fits-all diets?

# Are you ready to feel refreshed and vibrant again?

If you answered yes, then…

**FUNCTIONAL NUTRITION IS FOR YOU!**

## **What is it?**

**Functional nutrition** is a component of Integrative and Functional Medicine, a specialty that goes beyond the diagnosis to **address root causes of the problem** while providing **individualized** recommendations based on a holistic approach.

## **How Functional Nutrition IS different**

* Views **food as medicine** stressing the importance of **prevention**
* Focuses on **personalized eating recommendations**
* Uses research supported dietary **supplements** when necessary and appropriate
* Embraces a **whole-body** approach, **emphasizing you,** not just your diagnosis
* Considers your **food, lifestyle, and environment** along with your issues and symptoms
* Highlights the importance of your body’s function, **digestion and metabolism**

## **As YOUR Functional Nutritionist, I provide:**

* A comprehensive assessment of your health
* Evaluation of your genetic influences
* Nutrition-focused interpretation of lab values

Including specialty Functional Medicine tests

* Recommendations backed by science
* A healthy whole-foods approach
* Management of inflammation and toxic burden
* A supplemental regimen (when appropriate)
* The opportunity to help you feel vibrant again!

**Your Logo Here**

**If you this is what you have been seeking, contact \_\_\_\_\_\_\_\_\_ to schedule an appointment.**

# Have you been experiencing a laundry list of issues, but not gotten answers? Are you confused about what to eat and what supplements to take? Have you had enough of the cookie cutter diets? Are you ready to feel refreshed and vibrant?

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* Focuses on **personalized eating recommendations** based on your body
* Uses **supplements** when necessary and appropriate
* **Emphasizes you** rather than focusing on treating only the disease or the problem
* Considers your **food, lifestyle, and environment** along with your issues and symptoms
* Highlights the importance of your **digestion and metabolism**
* Observes from a whole-body approach

## As YOUR Functional Nutritionist, I provide:

* A detailed assessment of your health
* A picture containing table, indoor, cut, sliced

  Description automatically generatedAdditional consult time to learn about you
* Evaluation of your genetic makeup
* Full interpretation of lab values and tests
* Recommendations based on science
* A healthy whole-foods approach
* Management of inflammation and toxic burden
* A supplemental regimen (when appropriate)
* The opportunity to help you feel vibrant

**If you want to find out if functional nutrition is a good fit for you, contact \_\_\_\_\_\_\_\_\_ to schedule an appointment.**

# Are you feeling sluggish, achy, tired, and foggy? Do you experience bloating, gas, or nausea? Are you experiencing pain or other problems? Do you just feel like you aren’t yourself?

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**Contact \_\_\_\_\_\_\_\_\_ to schedule an introductory session.**





