



# Nutritional Therapy Program Structure and Pricing

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## **Complimentary Health Evaluation    FREE**

This informative and free 20-minute call is the first step. It allows the client and I to discuss current health challenges and goals and to determine if nutritional therapy is right for them. If so, I will give them instructions on how to set up the appointment if needed and complete the necessary paperwork for the first session.

## **Comprehensive Nutrition Consultation    \$150**

All services begin with this 90-minute initial interview where the client and I address health concerns, medical/family history, current medications, detailed symptom information, assessment results, and food journal. We will work together to design a personalized dietary and lifestyle protocol that addresses their health concerns and moves them toward their goals.

## **Follow Up Sessions    \$75**

In follow up 45-minute sessions, we will review progress, conduct any reassessments as needed, adjust the dietary plan as needed, and update their personalized plan.

## **Follow Up Session Packages**

Follow up session packages are available at a reduced rate of \$250 for 4 sessions or \$475 for 8 sessions.

## **RESTART® Program \$100**

The RESTART program is a 5-week program that incorporates nutritional education, sugar and processed food elimination, and group support. The program focuses on how to use real food to boost your energy, reduce inflammation, and get rid of sugar and carb cravings. Classes will be offered twice a year, or quarterly and will require a minimum of 4 people.