

	Initial Consultation	Follow-up Visits
Timing & Fees	Best in person so I can perform a physical assessment Typically lasts 90 minutes	In Person, by Phone or via Teleconference Lasts 30-60 minutes
	<b>Fees: \$130/hr. The number of visits needed depends on your health needs. We'll create a plan in your 1<sup>st</sup> visit.</b> Payment may be made by cash, check or charge card, and is due at the time of consultation. Monthly payment plans are available, if needed. I do not accept insurance but will provide an invoice for you to submit to your insurance carrier and/or HSA/FSA account. Please contact your carrier(s) to understand what they cover. If they require a referral from your MD, please secure this before scheduling your Initial Consult.	
In order to provide recommendations that address your unique needs, it's important for me to have a thorough understanding of how your body is functioning and the challenges you face. Please bring the following information to your consultation to ensure we use our time together as effectively as possible.		
What You Must Provide	<ul style="list-style-type: none"><li>Completed Health History &amp; Consent Form</li><li>All Recent Blood Work &amp; Labs</li><li>Any Medications and/or Supplements You Presently Take, or Have Taken within the Past 3 Months</li></ul>	<ul style="list-style-type: none"><li>Status Report (Update of Symptoms &amp; Changes Since Last Visit)</li><li>Updated Blood Work &amp; Labs, if applicable</li></ul>
	<b>Please bring a journal to all visits.</b> Writing what we've heard helps solidify the information in our minds, so it's easier to understand & recall. The journal will also allow you to record your questions/concerns between visits & to see your progress as your healing unfolds.	
What I Will Provide	Our Initial Consult enables me to gather information so we can create a plan to address your needs. Occasionally, I need time after the consult to process what I've learned and evaluate how to best approach your nutritional needs, particularly if chronic illness is involved. From this visit, you can expect: <ul style="list-style-type: none"><li>General recommendations about healthy eating &amp; living</li><li>My initial assessment of your needs, including when to expect personalized recommendations if need more time.</li><li>A consult &amp; payment schedule to address your needs.</li></ul> <i>Additionally, I may:</i> <ul style="list-style-type: none"><li>Provide you with information to read</li><li>Ask you to track certain behaviors to help clarify symptoms</li><li>Ask you to request additional labs from your doctor (I'll consult with your Dr. to share my assessment, if you'd like. Consultation time is billed at \$25 for each 15-minute session).</li></ul>	Follow-up Visits enable us to track how well your body is responding to the strategy we've agreed upon to address your needs. We'll discuss changes to your symptoms, tips for addressing challenges you're encountering, and any new inputs since our last visit. If needed, we'll create new strategies to ensure your success.  Because life proceeds, even amidst the best-laid strategies, it's likely you'll experience unanticipated events, feelings, etc. while you're trying to implement dietary and lifestyle changes. This is totally normal and actually integral to ensuring you have the strategies & skills to consistently care for yourself amidst life's ups and downs. This journey is where the magic happens!  <b>The most successful clients take about 3 months to meet their goals. When chronic illness exists (or multiple family members need support), 6 months is more realistic.</b>
	Other Services	Personalized Meal Plans, Grocery Store Tours, Pantry Make-Overs and Private Cooking Classes are offered for an additional fee. If you're interested in these services, please call me for more information.