

# Comprehensive Health Audit

*With Your Functional Health Nurse*

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## OVERVIEW & PURPOSE

If you don't have a ton of health issues but know you don't feel your best, you've come to the right place. This comprehensive health audit is designed to help you understand what your body needs to function and feel your best.

Functional health consulting is a biochemistry based approach to health and healing. Instead of quick fixes or suppressing symptoms, we identify and address the root cause of health dysfunction, even if it's not bad enough for a medical diagnosis. I believe signs and symptoms may be uncomfortable but they aren't the problem- they're how your body communicates that there's a deeper, underlying problem. The good news is when you know the basics your body needs to function as well as what imbalances you need to address, you are empowered to take control of your health. This health audit is designed so you will know exactly what to do to balance so you can thrive.

We'll start with a full health audit to identify the factors contributing to past, current, and potential health imbalances. You will learn the basics needed for anyone to have a strong foundation of health, including a whole food based diet, restorative sleep, stress resiliency and management, consistent movement, and detox support. We will put it all together with a personalized Functional Health Action Plan so you know exactly what to do to feel your best.

## WHAT'S INCLUDED

- Full health audit including a comprehensive health intake & assessment.
- 90-120 minute Virtual consultation through the Healthie platform
- Functional Health Action Plan with diet and lifestyle education and resources (including but not limited to whole-food based nutrition, restorative sleep, stress & self care, movement, and detox support).
- Education about professional-grade supplements with exclusive access to discounted rates through Fullscript.
- 1 month of support including: unlimited messaging w/Elisabeth through Healthie
- Access to Functional Health Basics course (it should be done soon!)
- Optional: exclusive pricing on follow-up visits for future support.
- Optional: Personalized lab testing review (as needed/when available)

## PROGRAM ROADMAP

- 1. Phase 1: Comprehensive Intake/Root Cause Analysis:** In order to get a clear picture of your entire health story, I'll need to know as much as I can.
  - a. After purchasing the Health Audit and completing your client profile on Healthie, you will complete multiple intake assessment forms that review your entire health history as well as your current health status, diet and lifestyle habits, and any recent labs if you have them. The assessment will also include any current or potential health issues you are concerned about as well as which goals are a priority for you.
  - b. I will review this thoroughly before we meet so I can analyze your full health story and identify potential imbalances, dysfunctions, and root causes. If you have recent labs I can review those for you as well. **Because I spend a good amount of time on this I will need a full week between receiving your intake forms and the actual appointment.**
- 2. Phase 2: Virtual Visit:** During our initial 90-120 min consultation we will review your health story, develop health goals, and collaborate on a Functional Health Action Plan focused on rebalancing your health from the inside out. On Healthie I will upload a copy of this plan and access to any recommended resources a few days after our visit. During the visit we will do a personalized overview of the following 5 modifiable lifestyle areas and what you can focus on for your health needs/goals:
  - a. Nutrition & Gut Health
  - b. Sleep & Hormone Balance
  - c. Stress & Self Care
  - d. Movement & Exercise
  - e. Detox Support
- 3. Phase 3: Support:** After our visit you will have a much deeper understanding of how your body works, what it needs to function well, and how you can live and eat in a way to help you work towards and maintain your health goals. You will have access to unlimited messaging through Healthie over the next month as well and a return customer discount on future follow up visits.

## ELISABETH'S APPROACH TO HEALTH

1. **Holistic:** This takes into account that you are a whole person; your physical, mental, and emotional sides are all interconnected. Holistic care operates with an understanding of biochemistry, how your body works at a cellular level, and how every body system is interconnected.
2. **Collaborative:** Although our health care system has its limitations, it doesn't mean it is irrelevant. Sometimes medication and traditional medical care are necessary! That being said, relying on medication alone will only get you so far. With functional health consulting we work on everything else you can do to help your body function properly. As your underlying health status improves it is important we collaborate with your physicians because sometimes medications need to be adjusted or even discontinued. I can help you learn how to talk to your health care providers about the changes you are making to ensure good communication with your health care team.
3. **Functional:** Health exists on a spectrum, ranging from healthy functioning to dysfunction to disease. When the body isn't functioning well it sends us signs and symptoms of underlying dysfunctions and imbalances. Functional health consulting helps you rebalance by identifying and addressing the root causes of your health imbalances and supporting the body's natural mechanisms for restoring and maintaining health. The great news is that at any point on this spectrum, steps can be taken to improve or restore health.
4. **Personalized:** As humans we share many similarities yet every person has a unique health story. Although the health basics are a great place to start, personalization means factoring in changes tailored to your unique health challenges, needs, and goals. You can feel confident you are making the right choices for YOUR health with our personalized health action plan.
5. **Nursing Care:** I bring 18+ years of nursing experience into my health consulting, including critical care, community health, family medicine, disaster relief, and even teaching nursing school. The American Nurses Association (ANA) defines nursing as "the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through diagnosis and treatment of human response, and advocacy in the care of individuals..." and I aspire to embody this description of nursing care for each of my clients. I do not diagnose medical diseases or illnesses, but I can provide nursing diagnoses focused on health promotion as well as preventing dysfunction and disease. An example of a nursing diagnosis for a prediabetic client would be "risk for unstable blood sugar." For this client I would provide education about holistic,

evidence-based diet and lifestyle strategies to promote stable blood sugar.

6. **Prevention & Longevity:** By identifying and addressing the root causes, it can help prevent and often even reverse the progression of chronic diseases while promoting long-term health. Instead of waiting for signs, symptoms, and lab values to reach a level of dysfunction required for medical diagnosis, functional health allows for an early prediction of dysfunction. Whether a dysfunction is mild or severe, this focus empowers you to take an active role in your health by making lifestyle and diet modifications to support your wellbeing.

## MESSAGE FROM ELISABETH

*As your functional health nurse, my primary goal is to give you the best support possible on your health journey. You can count on receiving education, coaching, and resources tailored to your specific needs, empowering you to make informed decisions for your well-being. I'm deeply committed to assisting individuals who are motivated to take charge of their health.*

*However, it's important to acknowledge that my approach may not be suitable for everyone. If you are looking for a quick fix or are unwilling to make lifestyle adjustments, our partnership may not be the right fit. My program often involves letting go of certain habits while adopting new ones. This doesn't mean the changes will be super complicated, but just because something is simple doesn't mean it's easy. That being said, achieving wellness often requires taking an active role in your health by stepping out of your comfort zone and embracing change.*

*Ultimately, the responsibility for your health rests with you. I encourage you to trust your instincts, fully educate yourself, and openly communicate any changes you make with your healthcare team, including your primary care practitioner.*

*Remember, my recommendations are just that—suggestions, not mandates. Your body is unique, and it's vital to listen to its cues. By prioritizing self-commitment, transitioning to a nourishing whole food diet, and living a health-promoting lifestyle, you can expect to witness positive results on your health journey.*