

Transform & Thrive Signature Program

*With Your Functional Health Nurse
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OVERVIEW & PURPOSE

Taking you from confused to confident about your health! If you have multiple health issues and are wanting real support on your health journey, you've come to the right place. This program is designed to help you understand your health and what you can do to transform your health and thrive going forward.

Functional health is a biochemistry based approach to health and healing. Instead of quick fixes or suppressing symptoms, we identify and address the root cause of disease, illness, and dysfunction. Signs and symptoms may be uncomfortable but they aren't the problem- they are how your body communicates that there is a deeper, underlying problem. The good news is when you know the health basics as well as what imbalances you personally need to address, you are empowered to take control of your health. You will know exactly what to do to balance and heal so you can thrive.

Knowing what to do is just the first step; the process of making those changes is where true transformation takes place. If you aren't interested in making significant changes in how you live, eat, sleep, & deal with stress, then this program probably isn't the best fit for you. If you're ready to do what it takes to take charge of your health, then you've come to the right place. This program is designed to provide support and accountability for your total health transformation.

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 a strong foundation of health, including a whole food based diet, restorative sleep, stress resiliency and management, consistent movement, and detox support. You'll also receive a personalized Functional Health Action Plan and customized coaching during the program.

WHAT'S INCLUDED

- Full health audit including a comprehensive health intake & assessment.
 - 3 months of education, coaching and support including:
 - Initial 90-minute Virtual consultation through the Healthie platform
 - 30 minute follow-up appointments as needed (from 2x/week to every 2 weeks)
 - Private messaging in-between sessions through Healthie.
 - Access to Functional Health Basics course (it should be done soon!)
 - Personalized 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.
- Optional: exclusive pricing on after-program follow-up visits for ongoing support.
- Optional: Personalized lab testing review (as needed/when available)

PROGRAM ROADMAP

1. **Phase 1: Comprehensive Health Audit/Root Cause Analysis:** In order to get a clear picture of your entire health story, I need to know as much as I can.
 - a. You will complete multiple intake assessments that review your entire health history as well as your current health status, diet and lifestyle habits, and any recent labs you'd like me to review. The intake assessment will also include any current or potential health issues you are concerned about as well as which health 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. **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.**
 - c. During our initial 1.5-2 hr consultation we will review your health story, develop health goals, and collaborate on your Functional Health Action Plan focused on rebalancing your health from the inside out. The HAP provides personalized diet and lifestyle education with actionable steps to help you achieve your health goals.
2. **Phase 2: Transformation:** After our initial consultation, we will meet approximately every 2 weeks for 30 minutes. **I need time to prepare before your follow up so please fill out any requested follow up forms at least 72 hours before scheduling your follow up appointment.** During follow-up appointments, we will review results from changes you've made during the previous consultation, address any new health concerns or questions, and update your SMART goals and personalized health plan accordingly. The following 5 areas will be covered over a minimum of 4 follow up visits (approximately every 2 weeks unless you need more frequent follow ups which can be scheduled up to 2x/week) throughout the course of the program:
 - a. Nutrition & Gut Health (usually discussed in initial visit)
 - b. Sleep & Hormone Balance
 - c. Stress & Self Care
 - d. Movement & Exercise
 - e. Detox Support

3. **Phase 3: Thrive:** By our final 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 maintain your health goals once you've achieved them. Now that you've got the basics down, we can discuss fine-tuning your health, including what you can do to prevent avoidable health problems & promote longevity.

EXAMPLE PROGRAM TIMELINE

1. **Comprehensive Health Audit Intake:**
 - a. Schedule Full Health Audit Virtual Visit on Healthie
 - b. Complete forms/upload labs on Healthie at least 1 week before visit.**
2. **Consult 1:** Full Health Audit Consultation
 - a. 90-120 min
 - b. Functional Health Action Plan Overview
 - c. Nutrition & Gut Health focus
 - d. Schedule Follow Up appointments every 2 weeks from this appointment x 5 weeks (or more follow ups as needed up to 2x/week).
3. **Consults 2-5:** Follow Ups for 10 weeks:
 - a. 30 min each
 - b. Complete forms on Healthie 72 hrs before visit.**
 - c. Follow Up Subjects Include
 - i. Sleep & Hormone Balance
 - ii. Stress & Self Care
 - iii. Movement & Exercise
 - iv. Detox Support
4. **Consult 6:** Final Follow Up Visit (week 12)
 - a. 30 min (or longer if necessary)
 - b. Personalized Health Maintenance, Promotion, & Prevention

ELISABETH'S APPROACH TO HEALTH

1. **Holistic:** This program takes into account that you are a whole person; your physical, mental, and emotional sides are all interconnected. It also 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 conventional 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.