



The Hope & Healing Transformation Program

A personalized 4-month journey to uncover the root causes of your fatigue, inflammation, digestive issues or chronic symptoms, with advanced testing, one-on-one coaching, and a step-by-step healing plan tailored specifically to you.

Package Includes:

Initial Evaluation:

90-Minute comprehensive wellness and lifestyle assessment.

Follow-up sessions:

7x 45 min coaching sessions (in person or via secure Telehealth)

Focus areas may include: Health coaching, nutrition education, stress support strategies, lifestyle modification and Functional health education

Laboratory and Functional testing support

Comprehensive lab Corp panel with Functional health report

2 Functional wellness tests

Written educational lab summaries

Educational recommendations and wellness support plan

Wellness planning and Documentation:

Personalized wellness and nutrition plan

Functional Health summary support

Root cause analysis

Supplement education and guidance

Detailed written summary after each session

Comprehensive educational protocol for lab findings

Ongoing support:

HIPPA compliant portal access (Practice Better)

Food, mood and lifestyle journaling tools

Secure messaging (Mon-Fri-24 business hr. response time)

Coordination and Resources

Educational Recommendations to support collaboration with Client's licensed health care provider

Access to wholesale laboratory pricing

4-month subscription to Asea (Client will create their own subscription)

35% discount at a professional supplement dispensary



Kimberly Melillo brings 25 years of Nursing experience and a compassionate, personalized approach to her work as a Functional Medicine Health Coach. She believes in meeting women exactly where they are on their health journey, creating a safe, supportive and judgement free space where they feel heard, valued and understood. Kimberly helps women who feel overwhelmed by chronic symptoms uncover root causes, restore hope and take an active role in their healing. Combining evidence-based wellness principles with Kimberly's intuition, she helps Clients identify patterns, gain clarity and discover a path forward that feels right for them. Through education, encouragement and individualized guidance, Kimberly empowers women to achieve greater wellness, vitality and confidence while believing that healing is possible.

