

The Foundations Program

The Foundations Program is a 3-month program designed for women who are just beginning their health journey. It focuses on establishing the core foundations of health while exploring key information, symptoms and underlying patterns that impact overall well-being.

Package Includes:

- **Initial 60-minute comprehensive health assessment**
- **(8) Forty-Five-minute personalized coaching sessions:** Covering nutrition and lifestyle coaching, ongoing assessments, habit modification and functional medicine consultations.
- **One Functional Medicine Test** (TBD based on assessment)
- **All core program benefits**