



The Hope & Healing Functional Wellness Program

What is Functional Medicine? Functional Medicine is a personalized root-cause approach to health that looks beyond symptoms to understand why illness is occurring. By examining factors such as lifestyle, nutrition, gut health, sleep and stress, Functional Medicine helps create individualized strategies that support the body's natural ability to heal and thrive.

Option #1

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**

Option #2

The Rebuild Program

The Rebuild Program is a comprehensive 4-month journey designed for women who are ready to move beyond symptom management and address the root cause of their health concerns. It is ideal for those seeking deeper healing, greater accountability and a personalized roadmap to rebuild their health, restore balance and enhance their overall vitality.

Includes:

- **Everything in the Foundations Program plus:**
- **2 additional Forty-Five-minute coaching sessions (10 total)**
- **1 additional Functional Medicine tests (2 total)**
- **Enhanced root cause investigation**

The Ultimate Transformation Program

The Ultimate Transformation Program is a powerful 6-month, high touch experience designed for women who are ready for deep, lasting change and fully personalized support. This immersive journey goes beyond surface-level wellness to create true transformation in your health, energy and overall well-being. With a comprehensive, root cause approach and dedicated guidance every step of the way, this program is ideal for women who are ready to invest in themselves, embrace meaningful healing and transform their health from the inside out- so they can feel vibrant, grounded and fully alive again.

Includes:

- **Everything in the Rebuild Program plus:**
- **4 additional Forty-Five Minute Coaching Sessions (14 total)**
- **1 additional Functional Medicine test (3 total)**
- **2 “Emergency” Coaching Calls as needed**
- **Priority-Level Support Throughout the Program**

Exclusive Bonuses for the Ultimate Transformation Program:

- **1 Year Anniversary wellness session valued at \$450.**
- **1 additional Functional Medicine Test valued at \$224**

Included in every program:

- **A full lab work-up with Functional Health Report (via LabCorp)**
- **A subscription to Asea, the supplement that supports cellular health and it is the foundation of healing**

- **Supplement Education and guidance**
- **Root Cause Analysis** research on your case to help identify potential factors contributing to your condition
- **Comprehensive and Personalized Wellness Plan**
- **Unlimited Secure/HIPPA Compliant Portal messaging support with a 24–48-hour response time** between sessions available Mon-Fri within regular business hours
- **35% Discount on Supplements via Full Script Dispensary**
- **Detailed written Summary after each session**
- **Nutrition and lifestyle Modifications**
- **Collaboration with your Healthcare Providers** for integrated care
- **Intuitive Card Reading (optional)**



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.

