



Remote Consultation Process & Checklist

Step One: Submit Payment and Complete Remote Consultation Form

Step Two: Information Intake

- Sign & Return Nutritional Therapy Informed Consent And Disclaimer
- Complete and Submit Symptoms Sheet
- Complete Online Nutritional Assessment Questionnaire (An invitation to complete this comprehensive exam will be sent to you via e-mail)
- Take and Submit Hair Sample (Instructions are provided, but if you have questions about this don't hesitate to contact me! A scale and envelope are provided as well.)
- Complete and Submit a 5-Day Food Journal
- Complete and Submit any other Labwork as Recommended (Lab kits will be mailed to you if your practitioner feels this additional information is appropriate in your particular situation. Additional fees for this are paid directly to the lab.)
- Complete and Submit Health Journey Essay *This can be as long or short as you need it to be. But in your own words, will you tell me your "health story"? It can include your parents' or family members health issues as well if they are related. Feel free to be as detailed as you are inspired to be!* This can be sent as an attachment via e-mail as well.
- Complete and Submit: Food Preferences for Menu Plan. This is an assignment that will be sent to you via e-mail a bit later in the process.

Step Three: The Interview

- Once I receive and compile all of your information we will schedule a phone interview to enable me to more fully piece together the "puzzle". If a phone interview is unfeasible due to time zone changes and work schedules, we will do this over e-mail.

Step Four : The Report of Findings & Recommendations

- Once I have received all the labwork results back from the lab and synthesized all of the intake information, I will send you copies all of the lab reports and findings for your records.
- We will schedule a second phone consultation (or this can be done over e-mail) to discuss the findings and to answer any questions you may have.
- A personalized supplement protocol may be recommended at this time and can be ordered and sent to you directly. I don't believe in over-supplementation and always strive to keep it reasonable. However, every situation is unique.

Supplement costs are variable and are therefore not included in the price of the consult.

- Dietary recommendations will be sent to you based on your specific oxidation rate and nutritional requirements as found in your hair analysis results.
- An Official Report of Findings and Recommendations report will be written and sent to you.
- A personalized Menu Plan based on your food preferences will be provided for you as well.
- Several other goodies will be sent to you such as recipes, shopping guides, etc.!

Step Five : Ongoing Support and Coaching

- Weekly check-ins via e-mail
- Available for questions anytime via phone or e-mail that may arise

Step Six : Retest

- In order to assess progress, I encourage my clients to commit to the program for at least 6 months. After 3-4 months, I recommend taking a new hair sample and comparing the results.