

What do you do in functional nutrition?

In today's busy world, with so much food, so little time, and so many medications, and illnesses, it often feels difficult to figure out what is truly happening in our own bodies.

In functional nutritional therapy, you will learn about what basic fundamental imbalances YOU have. It's all about your bio-individuality - that means it's just about what YOUR body needs to feel your best and be at your optimal level every day.

We explore nutrition, digestion, sugar handling, balancing minerals and vitamins, stress, hormones, food allergies and balancing emotional stress, hydration and more. We look at the root causes and address those verses just symptom management.

We use nutrition plans, supplements, as well as a behavior and lifestyle change plan that helps you reprogram and re-pattern your life in a way that works JUST FOR YOU!

This is different from a traditional medical model! You get to be an active, open-minded participant in the process. This helps with the resolution of issues and the ability of you to stay with your new patterns and lifestyle!

Assessment Techniques

Comprehensive Health History - we talk together to identify your major stressors, what is your biggest health concerns, and what is a simple way for you to get started with a change you want to make to feel better. This process helps me understand your history (family and personally), as well as exposures, illnesses and more that help me determine what path to lead you on for a healthier you.

Nutritional Assessment Questionnaire (NAQ) - This comprehensive symptom survey helps me see where you are today in your health, and what paths need more exploration as we work together on a plan that you choose that works for you.

Food & Mood Journal -this is a journal of what you eat and how it makes you feel over the course of a few days. This helps me determine ways to help you optimize your nutrition to combat some of the symptoms you are having.

What Happens Next?

You will get a protocol based on your goals, your stress, and lifestyle, and the recommendations from the assessments that would optimize your health and wellness. This will be based on what



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you are ready to conquer at this point, and what you feel is the most significant thing that needs changing to start feeling better right away.

Where we start!

After we have finished our consult, and have decided to move forward together, you will complete the following paperwork (electronically or physical paper):

- 3 day food and mood journal
- Health History Questionnaire
- Nutritional Assessment Questionnaire (comprehensive symptom survey)
- Nutritional Therapy Disclaimer & Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first appointment.

In this appointment I will:

- Review and analyze your intake paperwork
- Conduct a 90-minute interview with you reviewing all relevant symptoms, health history, and lifestyle factors
- Generate a comprehensive written protocol for you including:
Customized nutrition, lifestyle, and supplement recommendations
Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.
Motivation and behavioral strategies for accountability and lifestyle changes
Referrals when appropriate

All appointments include 2 or more 30 minute follow up video sessions, within the first two weeks and the following month after the initial appointment. Depending on your program package you also receive additional supports via email and over time. This included service helps you seek clarification, hold yourself accountable, and increase your likelihood of success with your current protocol.

Please check your program package sheet for the complete details of your program.