

## 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.



IT'S NOT  
JUST A VIRUS

# Be a Kid Again Program Levels

## Return to Balance - Monthly

To start: Review and analysis of daily 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 child's new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes 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.

Upon initial sign up, the first month of supplements (up to \$100) is INCLUDED in the payment. All subsequent months, you are responsible for all supplement payments. Each month includes 2 one-to-one video sessions (follow up sessions are 30 minutes, and reviews of new assessments are 45 mins), weekly email support (up to 2 email supports per week).

Each month (if you continue) we will review your child's nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Cost: \$450 per month w/included*

*Initial Supplement credit: \$100*

*\*\* Also included is a copy of one of my books - your choice - How to Get A Diagnosis or PFAPA & Other Periodic Fever Syndromes. Coming soon - A Functional Approach to PFAPA.*

[simplymindfulwellness.com/be-a-kid-again-program](http://simplymindfulwellness.com/be-a-kid-again-program)

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[simplymindfulwellness.com](http://simplymindfulwellness.com) or [itsnotjustavirus.com](http://itsnotjustavirus.com)



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# Be a Kid Again Program Levels

## The Stability Plan: 3 Months of Support

To start: Review and analysis of daily 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 video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors

Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) 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.

*Upon sign up, you will receive a \$200 credit toward supplement purchase. This can be used in full to start or be used over the course of three months, but the total will not exceed \$200. All subsequent months, you are responsible for all supplement payments, and when the balance is spent you are responsible for all supplement payments.*

Each month includes 3 one-to-one video sessions, weekly email support (up to 2 email supports per week). Each month we will review your child's nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Cost: \$1195 total with supplement credit of \$200 included \*\* Also included is a copy of one of my books - your choice - How to Get A Diagnosis or PFAPA & Other Periodic Fever Syndromes. Coming soon - A Functional Approach to PFAPA.*

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# Be a Kid Again Program Levels

## Finalize Your Plan: 6 Months of Support

To start: Review and analysis of daily 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 video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors on the first video session. Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) 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.

*Upon sign up, you will receive a \$250 credit toward supplement purchase. This can be used in full to start or be used over the course of six months, but the total will not exceed \$250. All subsequent months, you are responsible for all supplement payments, and when the balance is spent you are responsible for all supplement payments.*

Each month includes 4 one-to-one video sessions, weekly email support (up to 2 email supports per week). Each month we will review your child's nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Cost: \$2200 total (a \$50 savings by doing one pay); or 2 pays of \$1125 each. With a \$250 supplement credit included. \*\* Please note you will be set up for automatic payment of the second payment at 3 months. \*\* Also included is a copy of one of my books - your choice - How to Get A Diagnosis or PFAPA & Other Periodic Fever Syndromes. Coming soon - A Functional Approach to PFAPA.*

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