


investment

<p>initial consult</p>	<p>DISCOVER</p>  <p>ellie \$500</p>	<p>90 minutes</p>
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After the 90 min initial consultation we will meet for 8 sessions to strategically unravel imbalance, build atomic new habits and celebrate milestones of transformation. A roadmap of care will given to you 48 hours after the initial session showcasing progression of care [outlining what we will work on in succession]. Once we have met for 8 sessions [approximately 4 months] we will decide together what remaining care [if any] is needed in order to graduate you into a space of vibrant independence.

[initial 90 min consult includes a micronutrient lab panel to be drawn within first month of care – details to be discussed during initial consult]

INITIAL CARE PLAN + PACKAGE

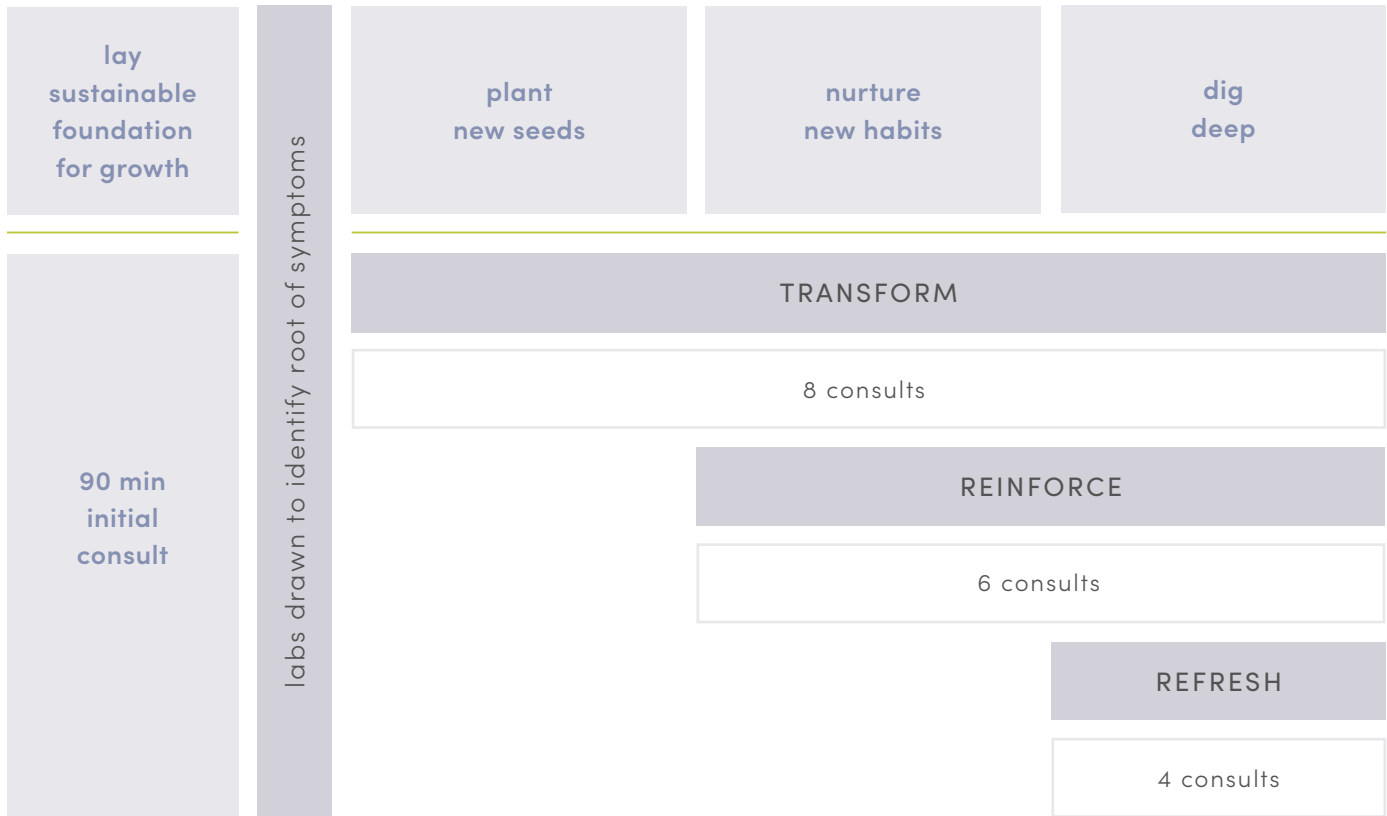
<p>8 consults booked every 1-2 weeks</p>	<p>TRANSFORM</p> <p>\$1800</p>	<p>1 hour consults</p>
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FOLLOW UP CARE PLANS + PACKAGES

<p>6 consults booked every 3-4 weeks</p>	<p>REINFORCE</p> <p>\$1500</p>	<p>1 hour consults</p>
<p>4 consults booked every 5-6 weeks or seasonally</p>	<p>REFRESH</p> <p>\$1200</p>	<p>1 hour consults</p>

20 MIN CONSULTS AVAILABLE AS NEEDED – \$80

... and here is what you can expect



MILESTONES [all of which are dependant on your story / goals]

initial	transform	reinforce	refresh
<ul style="list-style-type: none"> • In-depth review of your story • A daily routine outlined, eliminating decision fatigue • A definitive timeline outlined for resolution of pain points 	<ul style="list-style-type: none"> • New patterns established to address deep-seated issues: <ul style="list-style-type: none"> - Deep hormonal recalibration - Adrenal reset - GI renewal - Transformative metabolic stimulation - Micronutrient deficiency assessment + repletion 	<ul style="list-style-type: none"> • Continue your journey toward optimum balance by implementing: <ul style="list-style-type: none"> - Fat adaptation reinforcement - More advanced tools + strategies to optimize all symptoms of imbalance - Herbal therapy to combat lingering symptoms of imbalance 	<ul style="list-style-type: none"> • Refinement of daily routine to ensure sustainability + resilience of new habits <ul style="list-style-type: none"> - A gentle cleanse / detoxification to push past stagnation - Follow-up labs to evaluate other areas of stagnation