Holistic Patterns

WEBSITE DEVELOPMENT

PER PAGE DOCUMENT (PPD)

September 2018

Table of Contents

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1. Holistic Patterns

Holistic Patterns

Metadata:

**URL slug:** holistic-patterns

Content:

Empowering Health.

Experience a well-rounded approach to your health.

We work with you as trusted partners to help you truly prevent and treat your body’s symptoms. Whether you’re here to learn more about preventative health, have an ongoing ailment you want to resolve or are looking for a more holistic-approach to your existing treatment plan, we’ve got a team ready to help.

Join Us and Restore Your Health [LINK TO PROGRAMS]

When you work with us, we’ll make sure you have the right support team and doctor from our affiliate network behind you to help support your health and wellness goals. Here’s a bit about what you can expect.

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| **IMAGE** | |
| Screen Shot 2018-09-07 at 4.48.14 PM.png | **Download:** [Screen Shot 2018-09-07 at 4.48.14 PM.png](https://hackettbrandconsultiing.slickplan.com/file/download/9igqkGbSJNDFPXmkSvARBW8UBV11obJR) |

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| Get Started (Link to Programs) | Meet Your Team (Link to Team) | Learn More (Link to About Us) |

[image https://images.unsplash.com/photo-1465188035480-cf3a60801ea5?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=1bc6eba58d956061ad309ba54c57c17e&dpr=1&auto=format&fit=crop&w=1000&q=80&cs=tinysrgb]

Prevent and treat your symptoms with a holistic approach to health

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1.1. Why Holistic Patterns

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| **IMAGE** | |
| Screen Shot 2018-08-16 at 12.36.09 PM.png | **Download:** [Screen Shot 2018-08-16 at 12.36.09 PM.png](https://hackettbrandconsultiing.slickplan.com/file/download/xzZUBoX6yxJAnrEqR6zjNzvazjtzmwIE) |

[image https://images.unsplash.com/photo-1474314881477-04c4aac40a0e?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=e0994a7bf1f9d207153c91eafa06251c&auto=format&fit=crop&w=1050&q=80]

About Holistic Patterns

Behind-the-scenes at Holistic Patterns, we’re a group of individuals working together to empower a well-rounded approach to health and wellness. We’re an affiliate network of functional doctors, health coaches, nutrition experts and wellness affiliates coming together to help you restore your health through proactive, not just reactive, treatments.

We work with every patient via our digital platforms on an individualized, customized plan that gets to the root of your body’s symptoms and then work side-by-side with you and your primary care providers to help you treat your health through a whole-body approach to recovery. Plus, our digitally-based approach allows us to work with you from the comfort of your own home.

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| **IMAGE** | |
| Screen Shot 2018-08-16 at 12.34.29 PM.png | **Download:** [Screen Shot 2018-08-16 at 12.34.29 PM.png](https://hackettbrandconsultiing.slickplan.com/file/download/FZCzwP0mZClejg7GVmiTlg9V5AYsLzFb) |

**Why Take A Holistic Approach?**

By taking a well-rounded, holistic approach to your health, our goal is to help you reach an optimal state of health and wellbeing.

Your body is a sum of its parts and these intricate systems come together to function as a whole. When one part of the body’s intricate system is not functioning properly, it impacts the entire biological system of our body.

So, when it comes to approaching health, it only makes sense that we evaluate the body as a sum of its parts rather than a part of its sums. By getting to the root cause of your health, rather than addressing the part, we can help the entire body function better as a whole. Improving your quality of life, health and mind.

Think of this like a business. Every department, like every part of your body, plays its role in the success of the business. If one department is lacking productivity or seeing successes, the entire business can feel the negative or positive impact.

The Results?

**[this would be a good place to highlight stats on recovery, patients symptoms cleared, etc.; this can be done as a block quote or highlight in the brand standard**]

Treating the body as a whole allows us to provide a well-rounded proactive approach to medicine. This approach is often much different from the more traditional health providers & system.

Free yourself from the aches, pains, and medicines consuming your daily life, and restore your health today

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| **IMAGE** | |
| Screen Shot 2018-08-26 at 7.56.04 AM.png | **Download:** [Screen Shot 2018-08-26 at 7.56.04 AM.png](https://hackettbrandconsultiing.slickplan.com/file/download/VUHkkFYodDaRdKh8ulBIIKTV9gRK8mXK) |

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| Find Your Resources & Programs | Meet Our Team of Health Specialists |

1.1.1. About Us

Holistic Patterns > Why Holistic Patterns > About Us

Metadata:

**URL slug:** about-us

1.1.2. Why Holistic Health

Holistic Patterns > Why Holistic Patterns > Why Holistic Health

Metadata:

**URL slug:** why-holistic-health

1.1.3. The Results

Holistic Patterns > Why Holistic Patterns > The Results

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**URL slug:** the-results

1.1.4. CTA to Other Pages

Holistic Patterns > Why Holistic Patterns > CTA to Other Pages

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**URL slug:** cta-to-other-pages

1.2. How We Help

Holistic Patterns > How We Help

Metadata:

**URL slug:** how-we-help

Content:

[image https://images.unsplash.com/photo-1530462943125-677cc511c87e?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=fce0696b17f36763a6360b49a119f93f&auto=format&fit=crop&w=1047&q=80] Symptoms are Clues

*Migraines? Diabetes? Weight Loss Struggles? Joint Pains?*

We often struggle with or worse, live with, symptoms of illness and poor health. Taking medicine after medicine to treat our symptoms, this does not help us get to the root cause of what is causing the pain or ailment.

But our bodies are intelligent and the symptoms we experience can often be the clues we need to find the underlying cause of many of our daily health concerns. When you work with our team, we help you get to the root cause of these and put together a treatment and recovery program to help end your symptoms for good!

Are you struggling with common problems? Learn how we can help

[image https://images.unsplash.com/photo-1512514323919-53f349a629f9?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=31cf8813cc9ea98f897fad1903d099ea&dpr=1&auto=format&fit=crop&w=1000&q=80&cs=tinysrgb] Prevention & Health

Preventative medicine is simply the active pursuit of staying health and avoiding disease states. Some preventative practices are universal, yet others are specific to the individual.

In addition to helping individuals who are experience pains and ailments, we also support patients with preventative health consultation and planning.

Our team works with individuals to develop customized, whole-body plans to help you practice preventative health. Consult with our network of affiliated doctors today and learn more about preventative health.

[image https://images.unsplash.com/photo-1514748039931-f58898828721?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=456e4d45b27e918dbf16766f96e69568&auto=format&fit=crop&w=1140&q=80] How We Help

Check out just some of the ways our team can help you on your way to holistic health:

1.2.1. Weight Loss

Holistic Patterns > How We Help > Weight Loss

Metadata:

**URL slug:** weight-loss

1.2.2. Diabetes

Holistic Patterns > How We Help > Diabetes

Metadata:

**URL slug:** diabetes

1.2.3. Preventative Care

Holistic Patterns > How We Help > Preventative Care

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**URL slug:** preventative-care

1.2.4. Thyroid & Fatigue

Holistic Patterns > How We Help > Thyroid & Fatigue

Metadata:

**URL slug:** thyroid-fatigue

1.2.5. Men's Health

Holistic Patterns > How We Help > Men's Health

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**URL slug:** mens-health

1.2.6. Women's Health

Holistic Patterns > How We Help > Women's Health

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**URL slug:** womens-health

1.3. Meet Your Doctors

Holistic Patterns > Meet Your Doctors

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[image https://images.unsplash.com/photo-1523446619710-112ccba40f35?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=2b00a7cb67fdbd6fa4fd07817214ee9a&dpr=1&auto=format&fit=crop&w=1000&q=80&cs=tinysrgb]

At Holistic Patterns, we’re a team of affiliate doctors, nutritionists, health coaches, fitness specialist and generally people who care about helping you along your health journey. With a blend of conventional, evidence-based approaches and innovative thinking, we help patients address a wide-variety of health questions from preventative medicine to diabetes to autoimmune disease to metabolic syndrome and much more.

We want every patient through every step of the process to feel more informed, and more empowered take control of their health than before we met.

Here are the partners ready to help you every step of the way:

[image https://images.unsplash.com/photo-1505226042702-4959bc5fd51c?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=de672fc6a8005ef97452ff301176493f&dpr=1&auto=format&fit=crop&w=1000&q=80&cs=tinysrgb]

GETTING STARTED

When it comes to your health, we understand knowing where to start can often be the hardest step. Our team is here to help you take that first step as we walk you through a digital program where you access your team, program and meet with our affiliate doctors from anywhere.

Learn more about what you can expect when working with us and get started taking control of your health today.

**CTA/LINK TO SHOP PROGRAMS PAGE::** FIND YOUR PROGRAM

1.3.1. Functional Doctors

Holistic Patterns > Meet Your Doctors > Functional Doctors

Metadata:

**URL slug:** functional-doctors

1.3.2. Health Coaches

Holistic Patterns > Meet Your Doctors > Health Coaches

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**URL slug:** health-coaches

1.3.3. Nutrittion and Fitness

Holistic Patterns > Meet Your Doctors > Nutrittion and Fitness

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**URL slug:** nutrittion-and-fitness

1.3.4. Affiliate Doctors, Fitness & More

Holistic Patterns > Meet Your Doctors > Affiliate Doctors, Fitness & More

Metadata:

**URL slug:** affiliate-doctors-fitness-more

1.4. Explore Shop Programs

Holistic Patterns > Explore Shop Programs

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**URL slug:** explore-shop-programs

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[image https://images.unsplash.com/photo-1501946623428-b301146b83af?ixlib=rb-0.3.5&ixid=eyJhcHBfaWQiOjEyMDd9&s=6ba5d90e8cd912ceed22bc3e454a968b&dpr=1&auto=format&fit=crop&w=1000&q=80&cs=tinysrgb]

Health Programs Customized for You

Our team works with you through every process to create a full-customized program that teaches your body how to heal itself naturally. Every program can be accessed anywhere. Learn more about what you can expect when working with us and get started taking control of your health today.

1.4.1. Complete Health & Wellness Programs

Holistic Patterns > Explore Shop Programs > Complete Health & Wellness Programs

Metadata:

**URL slug:** complete-health-wellness-programs

1.4.2. Doctor & Heath Coach Consultations

Holistic Patterns > Explore Shop Programs > Doctor & Heath Coach Consultations

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**URL slug:** doctor-heath-coach-consultations

1.4.3. Fitness Coaching

Holistic Patterns > Explore Shop Programs > Fitness Coaching

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**URL slug:** fitness-coaching

1.4.4. Lab & Testing Options

Holistic Patterns > Explore Shop Programs > Lab & Testing Options

Metadata:

**URL slug:** lab-testing-options

1.4.5. Supplements

Holistic Patterns > Explore Shop Programs > Supplements

Metadata:

**URL slug:** supplements

1.5. News & Updates

Holistic Patterns > News & Updates

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**URL slug:** news-updates

1.5.1. Blog

Holistic Patterns > News & Updates > Blog

Metadata:

**URL slug:** blog

1.6. Schedule Free Consult

Holistic Patterns > Schedule Free Consult

Metadata:

**URL slug:** schedule-free-consult

1.6.1. CONTACT US PAGE FOR FREE CONSULT

Holistic Patterns > Schedule Free Consult > CONTACT US PAGE FOR FREE CONSULT

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**URL slug:** contact-us-page-for-free-consult