

Your Wellness Team: Working Together for Your Best Health

What is a Wellness Team?

A wellness team is a group of health professionals who work together to help you feel your best. Instead of seeing a doctor for 10 minutes and feeling like you are on your own, a wellness team includes your doctor (who handles medical care) and your functional practitioner (who helps you with the daily habits and "root causes" of your health concerns).

Why This Matters For You

- **No More Confusion:** When your doctor and coach are on the same page, you don't get conflicting advice. Everyone works toward the same goal: your health.
- **Deep-Dive Support:** Your doctor might tell you to "eat better" or "reduce stress," but your coach gives you the actual tools, recipes, and time to make those changes happen.
- **Faster Results:** By looking at your lifestyle, gut health, and nutrition alongside your medical care, we can find the "why" behind your symptoms instead of just covering them up.

What You Can Do Today

1. **Connect Your Team:** Give your doctor's office my contact information and let them know you are working with a functional practitioner.
2. **Share Your Progress:** If your doctor runs new blood tests or changes your plan, let me know! This helps me adjust your lifestyle plan so it supports what your doctor is doing.
3. **Sign a "Consent to Share" Form:** This simple paper allows me to send updates to your doctor so they can see how much your health is improving through our work together.

Questions to Discuss with Your Practitioner

- "How can we make sure my doctor stays updated on the progress I'm making with my nutrition and lifestyle?"
- "If my doctor suggests a new medication or treatment, how can we adjust my daily habits to make that treatment work even better?"
- "Are there other local experts (like a specific pharmacist or therapist) who should be part of my wellness team?"

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