

# 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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