

Partnering for Your Health: Understanding Our Work Together

What is Functional Health Coaching?

Functional health coaching is a partnership focused on finding the "why" behind how you feel. Instead of just giving a name to a set of symptoms, we look at how your body's systems are working together. My goal is to teach you how to support your body through nutrition, lifestyle, and daily habits so you can feel your best.

Why This Matters For You

- **A Focus on the Root Cause:** We don't just look at the surface. We look at things like stress, sleep, and food to see how they affect your energy and well-being.
- **The "How" of Healing:** While a doctor tells you *what* is wrong, I help you with the *how*—the practical, daily steps you need to take to reach your health goals.
- **A Safe Support System:** We work alongside your medical team. This ensures you have a solid plan for lifestyle changes while your doctor manages your medical care.
- **Empowerment:** You are the expert on your own body. I provide the education and tools so you can make informed choices about your health.

What You Can Do Today

1. **Keep Your Doctor in the Loop:** Always talk to your primary doctor before changing or stopping any medications. My role is to support your health, not replace your medical care.
2. **Shift Your Language:** Start thinking about "optimizing" and "balancing" your body. Instead of focusing only on a "disease" label, focus on how we can support your immune system, gut health, and energy levels.
3. **Prepare Your Space:** Clear a small block of time each week to focus on the lifestyle changes we discuss. Real change happens in the small choices you make every day at home.

Questions to Discuss with Your Practitioner

- How can we work together to support the treatment plan my doctor has already given me?

- What are some simple lifestyle changes I can start today to help rebalance my system?
 - If I have a medical question or a new symptom, how should I communicate that to both you and my doctor?
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