

Taking the First Step: What to Expect in Our Discovery Call

What is a Discovery Call?

A Discovery Call is a friendly, 30-minute conversation focused entirely on you and your health story. It is not a high-pressure sales pitch; instead, it is a "deep listening session" where we look at where you are now and where you want to be. Think of it as a chance to see if we are a good fit to work together toward your goals.

Why This Matters For You

- **You Will Be Heard:** Unlike a quick doctor's visit, this time is dedicated to hearing your full story, including the things you feel have been dismissed in the past.
- **Identify the "Why":** We move beyond just looking at symptoms. We start looking for the root causes—the "why" behind your fatigue, brain fog, or discomfort.
- **Stop the Guesswork:** You will get a clear idea of what a personalized plan looks like, so you can stop spending money on "fads" and start investing in real results.

What You Can Do Today

To get the most out of our conversation, take a few minutes to think about these three things:

1. **Identify Your "Breaking Point":** What was the specific moment that made you decide you couldn't keep going the way things are?
2. **Count the Cost:** If your health doesn't change in the next year, how will that affect your job, your family, or your happiness?
3. **Picture Your Best Day:** If you woke up tomorrow with 100% energy and a clear mind, what is the first thing you would do?

Questions to Discuss with Your Practitioner

- What makes this functional medicine approach different from what I've tried before?
- How will this program fit into my busy daily schedule?
- What kind of support will I receive when I hit a "roadblock" during my 90-day journey?
- What is the first step we would take to start finding the root cause of my symptoms?

