

FUNCTIONAL NUTRITION COUNSELING FAQs

WHAT IS FUNCTIONAL NUTRITION?

Functional Nutrition is an integrative way of looking at diet and lifestyle that treats you as an individual, and works with your unique needs to help you improve your health. My work is framed by the principles of Functional Medicine, Integrative Nutrition and Health Coaching, but with a dedicated perspective on the diet and lifestyle modification upon which those principles rely for their success (and yours). Here are some of the ways in which my practice is different:

- I work towards **root cause resolution**, which means I am concerned with **why** you are experiencing symptoms. The goal is not only to help relieve your symptoms, but to uncover the root cause of your health issues as best as we can to create more sustainable relief.
- I work **in partnership** with any other healthcare providers you may be seeing. We all benefit from strong, positive partnerships. Working together with your entire medical team will help you realize your goals more so than in isolation.
- I work to **make connections and see all of you**. You are not some collection of tissues and organs. Everything in your body is connected to everything else, and I recognize how each body system affects the whole. I acknowledge that other aspects of your life, your history, your relationships, and your current environment also impact how you feel. This unique approach allows me to make connections that others miss, and help you modify your diet and lifestyle in ways that will make positive changes for you in both the short and long-term.
- I work to **empower you**. As a patient, you need your power back! I work with things you have control over each and every day - diet, sleep, exercise, relaxation, supplements, etc. Once I help you figure out which lifestyle factors need to shift, you will have more control over your life and your health than you thought possible.

DO I NEED TO TRAVEL TO AMHERST FOR MY APPOINTMENT?

No, but you may! I have a hybrid practice. This means that you can meet with me in the office or via phone or Zoom from anywhere in the world. Either way, you will also have access to me through email between appointments if you have any questions or concerns.

While virtual appointments may be a new way of working for you, I've found that some clients grow to love the ease and convenience of having one less appointment to travel to. Even Laughter work, Energy work and Aromatherapy can be done virtually (though it is nice to experience these in person whenever possible).

CAN I ORDER SUPPLEMENTS FROM YOU?

I have curated a selection of supplements that I trust for their efficacy and purity. You can order supplements through my Online store at **www.yourholistichealthcoach.com**. Additionally, during counseling, I may recommend other specialty supplements that you can order directly through my office or on your own.

You are not obligated to purchase recommended supplements from me. In fact, you are not required to use supplements at all, though there are times when they can support healing. I carry them for your ease and to ensure that you have a trusted source for supplements should you need them.

DO YOU ACCEPT INSURANCE?

Your health and wellness are my priority. My financial policy allows me to provide you with access to the best nutrition and lifestyle care available and does not limit your care to what is covered by health insurance policies. Like many functional medicine practices, the services through Your Holistic Health Coach are an out-of-pocket expense. I'm unable to provide insurance billing codes or NPI numbers, because it is outside of my scope of practice as a nutrition and lifestyle professional. But I am happy to partner with any other practitioners on your team. I do have clients who submit their invoice to their insurance directly for a percentage coverage, or work with their workplace health savings account to receive some compensation. I encourage you to explore these options.

CAN YOU PRESCRIBE MEDICATION?

As a nutrition and lifestyle professional, it is outside of my scope of practice to diagnose conditions, prescribe medication or change prescription orders. As noted above, I will work with your medical practitioners to bring my perspective and recommendations forward when appropriate.

IT SOUNDS LIKE YOU WORK WITH REALLY SICK PEOPLE, I JUST NEED TO LOSE 10 POUNDS, SHOULD I MOVE FORWARD WITH COUNSELING?

I have learned over the years, working with hundreds of clients, that I can best serve people who have a challenging health condition, are working to make big changes in their life, and are ready for the challenge of taking on more.

But, if you are looking to lose some weight or gain more energy, I absolutely support you and we have resources for you. Simply sign up for my mailing list to receive some free tools today, and I will also notify you about our upcoming cleanses, detoxes, classes and programs created specifically for your needs!

If you have tried losing weight on your own, have done my foundation programs, cleanses or detoxes and are still not losing weight, then we should talk. Resistant weight loss can be rooted in hormone imbalance or digestive dysbiosis. These are things we would explore one-on-one.

If you have any additional questions about our nutrition counseling services, please contact me at ask@yourholistichealthcoach.com