

# FUNCTIONAL MEDICINE CONCIERGE 360°

## Investigate the Root Cause

### WHO IS THIS FOR

- Have you noticed any changes in your hormones, energy, weight, mood, or performance?
- Has your doctor told you **everything looks normal, yet you know something is still off**, and you are ready to find the real cause with an expert by your side?

### WHAT'S IN THIS OFFER FOR YOU

- A full investigation into what is really driving your symptoms, using cutting-edge functional medicine tests that standard care does not provide, so you gain deeper insight into your symptoms.
- A personalised plan built around your biology, with meals, supplement protocols and targeted nutrigenomics, addressing nutrition, lifestyle habits, stress resilience, movement, and emotional wellbeing.
- I carry the complexity for you. **I source, order, and deliver your supplement protocol to your door, so you get your time and energy back while I handle the logistics and coordination.**
- You finally understand what is happening in your body, with a clear plan to help you feel more energised, clear-headed, and like yourself again.

### WHY CLIENTS GET BETTER RESULTS WITH ONGOING SUPPORT

- This package is a hybrid programme with **private follow-up sessions, priority support check-ins and weekly live Q&A sessions** for ongoing guidance, accountability, and support over 6 months.
- By working together regularly, you **avoid dietary and lifestyle mistakes** and the information overload that feels overwhelming when you don't know where to start.
- **You won't search through hours of videos.** I show you exactly what to implement next based on results, symptoms, and progress.
- By taking steady, guided steps, you **save time and effort and improve consistency and long-term results.**

### HOW WE WORK TOGETHER

#### Phase 1: Comprehensive initial analysis and testing

- Together, we review your **completed health questionnaire** and map your personal health timeline, connecting key events, stressors, and symptoms.
- We analyse your **previous tests and medical reports**, looking beyond standard laboratory ranges to identify subtle imbalances that may contribute to your symptoms.
- I recommend **the most relevant functional medicine tests** for you (blood, stool, DNA, hormone panels) and guide you through ordering them.
- We review your current medications or supplements to identify possible interactions, inappropriate combinations, or unsuitable dosages.

#### Phase 2: 6 x 45-minute follow-up sessions

- I interpret your results in depth and **uncover the root causes** of your fatigue, inflammation, gut issues or hormonal imbalance.
- We build and optimise **your personalised plan**: meals, supplement protocols and targeted nutrigenomics.
- I source, order and deliver your supplement protocol to your door, so you stop wasting time and money on guesswork.
- I guide you through targeted meal plans or elimination diets (such as low-FODMAP, anti-inflammatory, cardiometabolic, low-histamine protocols) across all 5 pillars.

#### Phase 3: Weekly live support & member access (\*when paid in full)

- You join weekly live Q&A on Zoom, helping you **stay consistent, supported, and accountable.**
- You also get access to pre-recorded sessions that support nervous system regulation, stress resilience, and recovery.

## YOUR PERSONALISED SUPPORT PACKAGE

- **1 comprehensive analysis**, including extensive preparation and review of your case history, followed by a 90-minute consultation and a written session summary
- **6 x 45-minute private follow-up sessions**
- **6 x 15-minute priority support check-ins** by Zoom or email
- **6 months of weekly live Q&A sessions**
- **Your personalised supplement protocol, sourced and delivered to your home**
- **6 months of access to selected online self-paced courses:** Eat Clean, Get Lean; Meal Plans & Functional Medicine Protocols; Science of Weight Loss & Intermittent Fasting; Hormone Balance Method
- Workbooks, action plans, meal plans, recipes and templates

## ABOUT THE TESTS

The advanced functional medicine tests are paid directly to the laboratory and are not covered by insurance. Most clients typically start with 1 to 3 targeted tests, depending on their symptoms and goals.

## INVESTMENT OPTIONS

**Pay in full: CHF 2'997 (incl. VAT 8.1%)**

**What you get:**

- The full programme with private sessions and priority support check-ins
- 6 months of weekly live Q&A sessions on Zoom
- Your personalised supplement protocol, sourced and delivered to your home (worth CHF 300)
- The Eat Clean, Get Lean course (worth CHF 597)
- The Hormone Balance Method course (worth CHF 597)

**Pay in 6 instalments of CHF 555** (Total CHF 3'330 incl. VAT 8.1%).

**Both options include the same private sessions and priority support check-ins.**

**Paying monthly totals CHF 3'330, which is CHF 333 more than paying in full.**

**Paying in full also includes your supplement protocol sourced and delivered (worth CHF 300), extended live support, and access to selected educational resources, none of which are included in the instalment plan.**

**This programme is designed for women who want deeper investigation, advanced functional medicine testing, and high-level, personalised support beyond nutrition alone.**

## YOUR INSURANCE REIMBURSEMENT

Your sessions may be reimbursed depending on your individual supplementary policy. Ask your insurer to check your policy before you start. The functional medicine tests are paid directly to the international laboratory (the provider) and are not reimbursed.

**Book your free discovery call at [go.oncehub.com/blankadiscoverycall](https://go.oncehub.com/blankadiscoverycall)**