FUNCTIONAL MEDICINE CONCIERGE 360°

Investigate the Root Cause

This is for those who've been told everything is normal, yet still don't feel like themselves and need deeper answers.

- Have you noticed changes in your hormones, energy, weight, mood, or performance?
- You know something deeper may be driving your symptoms, but despite doing your best with diet, supplements, and medical appointments, you still don't have clear answers.

I act as your health detective, using advanced testing to uncover what others have missed

- Recommendations for the most relevant functional medicine tests, plus expert interpretation so you understand what the results actually mean and how to apply the knowledge in real life so that you can monitor improvement.
- A personalised nutrition, supplement, and lifestyle strategy tailored to your symptoms, goals, and test results, addressing all 5 pillars: 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.

This is your concierge-level, expert-guided investigation and plan, so you finally stop guessing.

This high-touch programme combines advanced functional medicine investigation, personalised nutritional therapy, and ongoing expert guidance over 6 months to help you uncover root causes and create a clear, practical plan for moving forward.

I help you connect the dots, simplify the process, and focus on what matters.

- A hybrid programme with **private follow-up sessions, priority support check-ins, and weekly live Q&A sessions** for guidance, accountability, and support over 6 months.
- By working together regularly, you avoid dietary and lifestyle mistakes and the information overload that comes with trying to figure this out alone.
- You won't search through hours of videos. I show you exactly what to implement next, based on your results, symptoms, and progress.
- Priority support between sessions, so you don't feel stuck or left on your own.

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 be contributing 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 meal plans, medications or supplements to identify possible interactions and inappropriate combinations.

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** between sessions, so you don't feel stuck or left on your own (Zoom, **WhatsApp with my private number** or email)
- **6 months** of weekly live Q&A sessions on Zoom
- Your supplement protocol sourced, organised, and delivered directly to your door
- **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 with nervous system and endocrine system regulation exercises.

- Workbooks, action plans, meal plans, recipes and templates

ABOUT THE TESTS

Advanced functional medicine tests go far beyond a standard blood panel. They assess gut microbiome balance, hormonal pathways, cellular energy production, nutrient status,
genetic variants, and inflammatory markers at a level that routine testing does not reach. This is the difference between being told your results are normal and actually understanding what is driving your symptoms.

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

INVESTMENT

PAY IN FULL

CHF 3'997

(incl. VAT 8.1%)

- The full programme with private sessions and priority support check-ins
- 6 months of weekly live Q&A sessions on Zoom
- The Eat Clean, Get Lean course *(worth CHF 597)*
- The Hormone Balance Method course *(worth CHF 997)*

or 6 monthly payments of CHF 666

- The full programme with private sessions and priority support check-ins
- Monthly plan does not include live Q&A or online course material access

Both options include the same private sessions and priority support check-ins.
The additional resources above are available exclusively with the full investment.

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 and are not reimbursed.