



## *Center for Holistic Health, Nutrition & Vacaville Thermography*

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### **Your Integrated Individualized Nutrition Program**

Functional nutrition offers an integrated approach that integrates scientifically based natural therapies to address the whole body systems to achieve balance and wellbeing. Your program here involves :

- **Dietary Status:** type of diet, problem foods, types of foods, timing of meals
- **Lifestyle Choices:** self-care, physical activity, stress management, sleep patterns, toxins you are exposed to, and emotional and/or spiritual care
- **Metabolic status:** areas of imbalance, lab tests (Blood, urine, saliva) and test results consultation pre and post program
- **Support System and Personal Responsibility:** friends, family, personal determination and motivation, and obstacles
- **Dietary program:** type to undertake, what your personal program might entail through phases, detoxification: colon, liver, kidney, lymph
- **Nutritional Protocol:** supplements and areas of focus and why
- **Overall Goals for Program:** outlined phases of program over time
- **Ongoing Health Maintenance:** follow-up visits, ongoing support, education, and contact
- **Types of follow-up and program tracking:** weekly, monthly, bimonthly
- **Education:** handouts and instruction, classes