



PATRICIA NUTRITION

RATES AND PACKAGES

THE CONCIERGE WELLNESS PROGRAM

This package is personalized for new or existing clients over a four-month period. I will customize a personalized program to help you improve your health by addressing your unique body's needs, deficiencies, and imbalances. I help determine what you need to function optimally and achieve homeostasis. The general outline is:

- Week 1: Intake and initial recommendations.
- Week 6: Appointment with personalized recommendations.
- Week 12: Follow-up and program adjustments.
- Week 16: Follow-up and any additional adjustments and maintenance plan.

Throughout these months I will provide you with:

- Clinical research to support your unique health concerns and goals.
- Assessment of your progress to review data and optimize session plans.
- Email support between sessions to clarify progress and make changes in our course, as necessary.
- Emailed educational handouts to help to implement your plan.
- A review of any lab work and/or wellness test (separate cost) obtained during our time working together.
- Telephone and email check-ins.
- Healthy recipes, reference articles, and handouts specific to your goals.
- My complete dedication to supporting, guiding, and educating you through your journey.

IHP Coaching Fee: \$380/month for 4 months or \$1,368/prepaid in advance

**Does not include the cost of any recommended supplements or lab test kit(s), which will be billed separately*

SEVEN-DAY FUNCTIONAL MEDICINE DETOX

Best suited to clients who just want a seven-day cleanse with one 60 minute web video or telephone consultation, daily motivational texts/emails and all pre-call preparation.

IHP Coaching Fee: \$190.00

**Does not include the cost of the Detox kit, which is \$99.00 + tax/shipping, and is billed separately.*

HEALTHY GUT PROTOCOL & WELLNESS PACKAGE

This package includes an initial client consultation, in-home lab testing, interpretation of test results and, based on results, a wellness plan, including a recommended meal and nutritional supplement plan. Also includes a 60 minute web video or telephone consultation every other week and all pre-call preparations.

IHP Coaching Fee: \$280/month for 3 months or \$756/prepaid in advance

**Does not include the cost of supplements or a specifically recommended lab test kit, which will be billed separately.*

FEMALE HORMONES PROTOCOL & WELLNESS PACKAGE

This package includes an initial client consultation, in-home lab testing, interpretation of test results and, based on results, a wellness plan, including a recommended meal and nutritional supplement plan. Also includes a 30 minute web video or telephone consultation every other week and all pre-call preparations.

IHP Coaching Fee: \$190/month for 3 months or \$513/prepaid in advance

**Does not include the cost of supplements or the Complete Stress (Hormones), Mood and Metabolism test kit, which is \$499.00 + tax/shipping, which will be billed separately.*

MONTHLY IHP COACHING RATE

My monthly rate includes a 60 minute web video or telephone consultation every other week and all pre-call preparations. This service is best suited to clients who desire support in following an established wellness program.

IHP Monthly Coaching Fee: \$380/month

**Does not include the cost of supplements or specifically recommended lab test kits, which will be billed separately.*

**GET IN TOUCH TO DISCUSS YOUR
SPECIFIC NEEDS AND MORE
BESPOKE PACKAGES:**

HELLO@PATRICIANUTRITION.COM