

Nutritional Therapy Services Discovery Kit

Roxie Daggett, NTP (taking new clients in spring 2021)

Welcome! I'm so glad you'd like learn more about Nutritional Therapy Services. I developed this kit to give you an overview of my unique nutrition work and how it might benefit your health and longevity. Let's get started!

Disclaimer: As a Nutritional Therapy Practitioner (NTP), I do not diagnose or treat disease, but instead I make nutritional recommendations for balancing the body and promoting optimal wellness. My services and writings are centered in functional, holistic nutritional therapy and are not intended to replace any professional medical advice, medical services or prescription medications. The information provided here and on my website has not been evaluated by the Food and Drug Administration (FDA) and is not intended to diagnose, treat, prevent or cure any disease. ALWAYS consult with your doctor or pharmacist about any changes you wish to make to your treatments, medications or nutrition. Nutritional therapy can be a terrific addition to your overall wellness program!

In this kit you'll discover:

- **Why nutritional therapy?**
- **My nutrition philosophy**
- **My process and assessments**
- **My packages and pricing**
- **Payment plans and discounts**
- **Common Q & A**
- **How to get started!**

Why nutritional therapy?

There is no shortage of dietary and nutrition advice out there. In fact we are inundated with information about the best and worst ways to eat... and it seems to be changing daily! The endless stream of nutrition tips, pretty food pictures, posts and articles can be at once exciting, inspiring, annoying and confusing!

It can be hard to know where to begin!

Nutritional therapy helps you move past all the noise and get back to the basics of YOUR personal nutrition needs. This process includes comprehensive functional, holistic nutrition assessments that enable us to work together to create a **customized nutrition plan designed just for YOU**. It tells us where to begin filling in your nutrition gaps so you are no longer playing a guessing game with what to eat and not eat.

If you're ready to stop guessing and find out where to start your nutrition journey, read on!



My Nutrition Philosophy: Nutritional Detective at Work

I always love a good mystery. Functional, holistic nutrition enables me to work with motivated clients who are ready to put together the puzzle pieces of their nutrition story in order to uncover and address root cause nutrition needs.

This gratifying, in-depth work can have impacts on other areas of your health and longevity. It's exciting!

But it doesn't happen overnight. As stated on my website, my approach to nutritional therapy is summed up in two words:

investigation and communication!

Whether we work together for only a few sessions or you opt for a longer program, my focus will be on spending sufficient time communicating with you to understand your needs and ensure you feel supported along the way.

I also spend a lot of time outside of our sessions researching your unique nutritional issues. This enables me to make evidence-based recommendations and adjustments throughout the process. I am a bit of an **OCD nutrition nerd** so I enjoy the opportunity to take a deep-dive into anything that gets me curious. I search long and hard for answers and usually don't stop until I feel I have good information to share... or I get hungry!

I look forward to getting busy putting together YOUR nutrition story!

Foundational Work

No matter where we end up starting, there are 5 nutritional foundations that we'll be focusing throughout your process. These include:

- **Digestion**
- **Blood Sugar Regulation**
- **Fatty Acid Balance**
- **Mineral Balance**
- **Hydration**

These foundations cannot be underestimated and often have powerful downstream affects on your hormones, inflammation levels, energy, sleep, moods, weight and more! Again, we'll work closely together to figure out where to start and come up with a plan that is do-able for YOU.

While I do not subscribe to any one-size-fits-all diet programs, I do believe that nutritional healing is best accomplished through a **properly prepared, nutrient-dense whole foods diet**. In other words, I believe in real food that humans have thrived on for generations. Exactly which foods will work for your bio-individual needs is part of the mystery we will to solve together!



Nutritional Therapy Process & Assessments

In order to do this in-depth nutrition work together we will go through the following process:

1. **Free 20-minute Discovery Session:** This step is required for any prospective client. It helps us get to know one another, understand your health goals and make sure we are a good fit. If we decide to move forward I can help you select a package best suited to your needs and goals. If for some reason I don't feel my services are right for you, I will happily make good referrals. I want you to get exactly what you need whether it's from me or from someone else!
2. **New Client Welcome Packet!** This packet provides the hands-on pieces for becoming a nutritional therapy client. The process is in-depth and includes several assessment tools with instructions. Here is an overview of this packet:
 - a. **Disclaimer:** Explains my scope of practice as a Nutritional Therapy Practitioner (NTP), your role as a client & my privacy policy. You must sign and date this before we begin working together.
 - b. **Initial Interview Questionnaire:** This holistic questionnaire includes everything from your health history to your current food, sleep and exercise habits. The more information you can provide me, the better. We will go over this in detail during your first interview.
 - c. **Food & Mood Journal:** 5-7 day journal (in a format provided by me) to help me get a picture of your current food, mood, activities and digestion. No need to be impressive here—just jot down all the details as best you can!
 - d. **Nutritional Assessment Questionnaire (NAQ):** An online link to a 300+ question functional nutrition survey, which will help us see symptom patterns and pinpoint where your greatest nutritional needs lie. I use this in combination with the other documents to make sure we are starting in the right place for you!

I do realize this is a lot of work up front for you as a client, but each piece is absolutely necessary for us to get started on a meaningful wellness journey together. This will be the bulk of your paperwork.

3. **2 Hour Functional Nutrition Interview:** This is our first online nutritional therapy session together where I conduct a detailed interview that correlates to your paperwork. This helps me fill in the details and get clarity on your health history, current concerns and wellness goals. I also provide feedback on your Food & Mood Journal, review the results of your NAQ and provide initial nutritional recommendations. It's jam-packed and productive! Take notes!
4. **45 Minute Follow Up Sessions:** In these sessions we spend time reviewing your progress and challenges. This allows us to make adjustments and plan your next steps. We also do comparative analyses of NAQs and Food Journals over time so you can see your progress.
5. **Special Sessions:** These 1-1.5 hour sessions are set aside for special sessions such as food sensitivity testing, pantry and fridge detox/restocking, and genetic test analysis. They only come with certain packages, but the latter two are also available as add-on sessions.
6. **Weekly Check-ins:** In order to make sure you are fully supported, we'll pick a day and time during our "off-weeks" for a brief check in via text or email.
7. **In Depth Research:** I use my own time to study your unique health concerns as they relate to current nutrition research. This enables me to provide you with up-to-date, evidence-based and personalized nutritional therapy recommendations.
8. **Referrals:** At times I may find an issue that is outside of my scope of practice as a NTP. Therefore, I may refer you to someone whose services I feel would greatly benefit you while we continue to work on nutritional therapy together.

Nutritional Therapy Packages & Pricing



Summary of Options

A la Carte Menu

Functional Nutrition Interview ~ 2-hour new client session

Follow Up Session ~ One 45-minute follow-up session

Packages

Package 1 ~ Foundations for Optimal Health: 12 weeks (6 sessions)

Package 2 ~ Optimal Digestion Reset: 16 weeks (8 sessions)

Package 3 ~ Optimal Wellness & Longevity: 6 months (12 sessions)

Add-On Menu

Pantry & Fridge Detox and Restock ~ 1-hour session

Genetic Optimization Session ~ 1.5 hour session

Details and pricing are outlined on the following pages.

Nutritional Therapy Packages & Pricing:

A la Carte Menu

Before we dive into package options, I'll share my **a la carte menu**. These are great options if you're not ready to commit to a package. Feel free to ask more questions during your Free Discovery Session!

Functional Nutrition Interview

2-hour new client session

Who is this for?

This stand-alone session is for new clients who aren't ready to purchase a package, but want to get started with nutritional therapy. This works well for those who feel confident that they can follow through with nutritional recommendations and make progress on their own. For those who need more support, follow up sessions can be purchased separately. If you decide to purchase a package, this session can be deducted from your total.

What's included?

- ➔ Detailed interview to understand your health history, current concerns and wellness goals
- ➔ Review and analysis of your Nutritional Assessment Questionnaire (NAQ)
- ➔ 5-Day food and Mood Journal review
- ➔ In-depth research and planning based on your bio-individual needs
- ➔ Customized nutritional therapy recommendations

Where do we meet?

We meet virtually in a Zoom online meeting session (on your computer, tablet or phone) at a location convenient to you! I will send you an invite with instructions prior to our meeting.

\$249

Follow Up Session

One 45-minute follow-up session

Who is this for?

This session is for existing clients who would like ongoing support and updates to their nutritional recommendations. These sessions cannot be deducted from packages, but can be added onto packages if additional sessions seem necessary.

What's included?

- ➔ Detailed review of nutritional therapy progress and challenges
- ➔ As needed: Comparative assessments of Nutritional Assessment Questionnaires
- ➔ As needed: Updated Food and Mood Journal reviews
- ➔ As needed: In-depth research and planning based on your bio-individual needs
- ➔ Updated nutritional therapy recommendations

Where do we meet?

We meet virtually in a Zoom online meeting session (on your computer, tablet or phone) at a location convenient to you! I will send you an invite with instructions prior to our meeting.

One 45-minute follow-up session

\$89

Package of three 45-minute follow-up sessions

\$249

Nutritional Therapy Packages & Pricing:

Package 1: Foundations for Optimal Health

Packages are ideal for those who are ready to go all-in for **long-term health**. Three months is a minimum time to experience optimal results-- though you may experience changes sooner. Here are three options for your consideration. Feel free to ask more questions during your Free Discovery Session!

Package 1 ~ Foundations for Optimal Health: 12 weeks

During this 12-week program we will work closely together to discover your foundational nutritional needs-- key areas that may be holding you back from optimal health. From there we will create a customized nutrition plan that we'll start together and you can carry into your future!

Who is this program for?

This 12-week package is ideal for clients who are ready to discover and take charge of root cause nutritional issues that may be related to ongoing health concerns such as: fatigue, sleep disturbances, hormone imbalances, mood issues, weight issues, joint pain, or other health complaints. Also perfect for those who just want to feel better by optimizing their nutrition. If you are ready for change, but not sure where to start, this program is for you!

What's included?

6 sessions total (plus email or text support during weeks we don't meet)

- 2-hour Functional Nutrition Interview
 - ➔ Detailed interview to understand your health history, concerns and wellness goals
 - ➔ Review and analysis of your Nutritional Assessment Questionnaire (NAQ)
 - ➔ 5-day Food and Mood Journal review
 - ➔ Initial nutritional therapy recommendations
- Five 45-minute follow up sessions
 - ➔ Detailed reviews of nutritional therapy progress and challenges
 - ➔ Comparative assessments of NAQs and Food Journals
 - ➔ Ongoing nutritional therapy recommendations and support
- In-depth research and planning based on your bio-individual needs
- Weekly email or text check-ins
 - ➔ Designated check-in day and time each week that we are not meeting

Where do we meet?

We meet virtually in a Zoom online meeting session (on your computer, tablet or phone) at a location convenient to you! I will send you an invite with instructions prior to each meeting.

12 weeks

\$829

Payment plans available for all packages.



Nutritional Therapy Packages & Pricing:

Package 2: Optimal Digestion Reset

Package 2 ~ Optimal Digestion Reset: 16 weeks

During this 16-week program we will take a deep dive to address your foundational digestive needs. Whether you eat healthy or not, when you lack optimal digestion you are likely missing out on key nutrients. This can contribute to many downstream health issues. Hippocrates said that all disease begins in the gut, so there's no better place to start than here!

Who is this program for?

This 16-week package is ideal for clients who want to uncover and address the foundational issues underlying their digestive complaints such as: heartburn, bloating, intestinal cramping, stomachaches, gas, nausea, constipation, and/or diarrhea-- plus potential food-related skin issues, fatigue and inflammation. Great for those who are ready to go all-in for a digestion reset that can impact other areas of health!

What's included?

8 sessions total (plus email or text support during weeks we don't meet)

- 2-hour Functional Nutrition Interview
 - ➔ Detailed interview to understand your health history, concerns and wellness goals
 - ➔ Review and analysis of your Nutritional Assessment Questionnaire (NAQ)
 - ➔ 5-day Food and Mood Journal review
 - ➔ Initial nutritional therapy recommendations
- 1-hour food sensitivity session
 - ➔ Pulse testing with suspected "aggravating" foods
 - ➔ Customized food elimination trial: discussion and planning
- Six 45-minute follow up sessions
 - ➔ Detailed reviews of nutritional therapy progress and challenges
 - ➔ Comparative assessments of NAQs and Food Journals
 - ➔ Ongoing nutritional therapy recommendations and support
 - ➔ Customized food elimination support
 - ➔ Food reintroduction coaching
- In-depth research and planning based on your bio-individual needs
- Weekly email or text check-ins
 - ➔ Designated check-in day and time each week that we are not meeting

Where do we meet?

We meet virtually in a Zoom online meeting session (on your computer, tablet or phone) at a location convenient to you! I will send you an invite with instructions prior to each meeting.

16 weeks

\$1,129

Payment plans available for all packages.



Nutritional Therapy Packages & Pricing:

Package 3: Optimal Wellness & Longevity

Package 3 ~ Optimal Wellness & Longevity: 6 months

During this 6-month program we will zoom in on all aspects of your health: nutrition, lifestyle, family health history, environmental exposures, and your unique genetics. This program includes all features of the other nutritional therapy packages-- Foundations for Optimal Health & Optimal Digestion Reset-- plus a pantry and fridge detox/restock along with nutrition based genetic recommendations. We will put all pieces of the puzzle together to create a customized plan for optimal wellness and longevity tailored to your bio-individual needs.

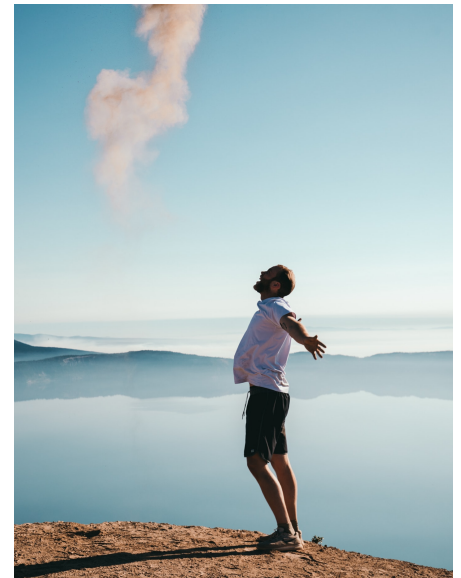
Who is this program for?

This 6-month package is designed for highly motivated clients who are concerned not only with their overall health and nutrition, but also with family history of disease and/or genetic risk factors. Perfect for those who are willing to make big changes so they can experience thriving instead of surviving as they age. Also ideal for those who have "tried everything" and haven't made the progress they desire. Together we will explore the power of epigenetics (the ability to turn genes on and off) and how you can influence your current and future wellness and longevity through targeted nutritional therapy. Growing younger starts here!

What's included?

12 sessions total (plus email or text support during weeks we don't meet)

- 2-hour Functional Nutrition Interview
 - ➔ Detailed interview to understand your health history, concerns and wellness goals
 - ➔ Review and analysis of your Nutritional Assessment Questionnaire (NAQ)
 - ➔ 5-day Food and Mood Journal review
 - ➔ Initial nutritional therapy recommendations
- 1.5-hour Genetic Optimization session
 - ➔ Review results of genome analysis
 - ➔ Customized nutritional therapy recommendations
 - ➔ See further details in "Add-On Menu" below
- 1-hour food sensitivity session
 - ➔ Pulse testing with suspected "aggravating" foods
 - ➔ Customized food elimination trial: discussion and planning
- 1-hour Pantry & Fridge Detox and Restock
 - ➔ See details in "Add-On Menu" below
- Eight 45-minute follow up sessions
 - ➔ Detailed reviews of nutritional therapy progress and challenges
 - ➔ Comparative assessments of NAQs and Food Journals
 - ➔ Ongoing recommendations and support
 - ➔ Customized food elimination support and food reintroduction coaching
 - ➔ Long-term nutritional therapy planning
- In-depth research and planning based on your bio-individual needs
- Weekly email or text check-ins
 - ➔ Designated check-in day and time each week that we are not meeting



Where do we meet?

We meet virtually in a Zoom online meeting session (on your computer, tablet or phone) at a location convenient to you! I will send you an invite with instructions prior to each meeting.

6 months

\$1,875

Payment plans available for all packages.

Nutritional Therapy Packages & Pricing:

Add-On Menu

Here are some powerful add-ons to your nutritional therapy stand-alone meetings or packages. BOTH items are included in the Optimal Wellness & Longevity Package!

Pantry & Fridge Detox and Restock

1-hour pantry and fridge detox session to help you discover hidden ingredients and foods that may be working against your health goals— even if the label says “healthy.” Learn how identify truly nutrient-dense foods and restock your kitchen with confidence. Conducted virtually via Zoom video chat in your kitchen!

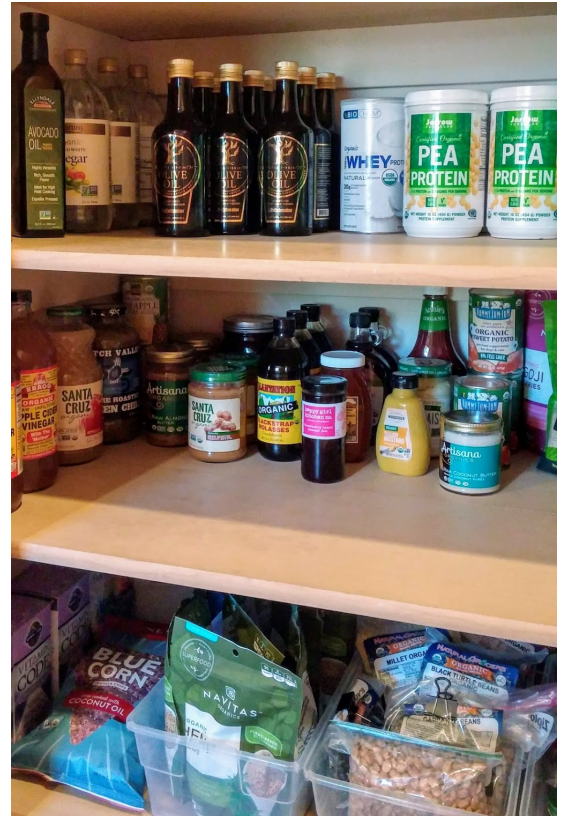
What's included?

- Checklists to help you locate hidden sugars, unhealthy/rancid fats, and chemicals buried in ingredient labels
- Holistic nutrition counseling and timeline to help you evaluate what to lose now and what can go later
- Shopping lists of healthy and delicious replacement items
- Customized food sourcing lists: local and online grocery stores, local and online health food stores, healthy restaurants/prepared foods in your area, healthy online prepared foods, local Farmer's Markets schedules and locations, local farms and community gardens who sell fresh produce

Who is this for?

The pantry and fridge detox and restock is ideal for those who need coaching in letting go of nutrient poor foods that are not in line with their health goals and finding healthy replacements. This can be an emotional process and sometimes you just need a jump-start to get it done and move forward! I'd love to help you with this!

\$89



Nutritional Therapy Packages & Pricing:

Add-On Menu

Genetic Optimization Session

1.5-hour session to review results of your genetic analysis and see how this relates to YOUR unique nutritional needs. It can be game changing to discover which superfoods may be working for or against your genes and how to incorporate and rotate them to your advantage. There is also the option to learn about genetic risk factors for cognitive decline, if you have a concern about this, truly want to know and feel ready to optimize your APOE4 genes with targeted nutritional therapy.

How does it work?

- You take a DNA test through Ancestry.com or 23andme.com (paid for by you); we can also use any past testing
- I instruct you how to retrieve your raw data which you agree to share with me so I can run a gene analysis OR I can instruct you how to run a gene analysis and you can share the results with me
- We discuss certain results related to nutritional therapy and use this to inform your customized protocol

Who is this for?

The genetic optimization session is ideal for clients who:

- Eat healthy, but aren't responding well to superfoods-- like cruciferous veggies, fermented foods or other "health foods"
- Want to know if they have genetic propensity for histamine or sulfur intolerance or other genes that influence nutrient metabolism
- Have a family history of cognitive decline and/or know or want to learn if they have the APOE4 genetic risk factor and what they can do about it nutritionally

While not yet perfect science, nutrigenomics and epigenetics are powerful fields of study that can greatly influence the outcome of your health and longevity. Feel free to ask me any questions about this exciting opportunity!

I run and pay for your genetic analysis

\$189

You run your genetic analysis (or have done so)

\$139



Payment Plans & Discounts

Nutritional therapy is a short-term investment in your long-term health. My goal is to work intensively together for a season so you can carry a new awareness and life-changing nutrition habits into your future long after our work together is done!

I realize how out-of-cost wellness expenses can add up. I've created payment plans on my nutritional therapy packages for those who need this option. The payment plans on packages are as follows:

- **Package 1 ~ Foundations for Optimal Health: 12 weeks**
\$829 in full or 3 monthly payments of \$279
- **Package 2 ~ Optimal Digestion Reset: 16 weeks**
\$1,129 in full or 4 monthly payments of \$285
- **Package 3 ~ Optimal Wellness & Longevity: 6 months**
\$1,875 in full or 6 monthly payments of \$315

A 10% discount is available to anyone who pays for a package in full.

I do not offer payment plans for stand-alone sessions on the a la carte menu or for add-ons.

Common Q & A

Do you accept or submit to insurance?

Nutritional therapy services are not covered by insurance carriers at this time. Unfortunately, I am not able to provide you with superbills to submit to your insurance company, but I will provide you with invoices and receipts for all services.

Do you offer payment plans?

I offer payment plans for Nutritional Therapy packages only. I realize these can be a lot to cover up front so I'm happy to offer monthly payment plans if needed. Let me know if you'd like me to set this up for you!

Do you offer discounts?

I offer discounts on Nutritional Therapy packages only. The discount is 10% off the cost of the entire package if it is paid for up front.

Do you have a weight loss program?

I don't have a specific weight loss program nor do I intend to at any point, but weight loss is often an outcome of finding a nutritional therapy protocol that works for your body. The real success is best measured in restored energy and vitality!

Can we meet in person?

Currently all nutritional therapy services are virtual and online only via live Zoom sessions. This means we can meet anywhere convenient to you!

How time consuming will this be?

Nutritional therapy is tailored to YOUR needs and can be as involved or as basic as you need it to be for your lifestyle. We will work together to find out what works best for you so that you can keep it up with success!

How to get started!

If you want to get started or ask more questions about nutritional therapy, get in touch with me to set up your **Free Discovery Session!**

This is a 20-minute complimentary session via phone or Zoom video chat to see if we are a good fit! This session is a prerequisite for all prospective clients; there are no obligations tied to this meeting. It's simply a chance for us to get to know one another before embarking on your nutritional journey!

During this time we'll talk about your current health goals and I'll share more details about my functional, holistic nutrition process. I'm happy to answer any questions you may have! If we decide to move forward together I'll help you select a package that will best meet your needs. And if you aren't ready for a package we can always start with a stand-alone session and take it from there. We can also talk about payment plans, discounts and anything else that you'd like to cover. If we decide we aren't a match at this time in your health journey, I'm happy to provide you with referrals for what you are looking for!

I can't wait to talk to you!

I will be accepting new clients in Spring 2021. You can get on the waitlist and schedule your **Free Discovery Session** by emailing me at: roxie@nourishandcherish.com

***“Let food be thy medicine
and medicine be thy food.”***

— Hippocrates, 400 BC

