



Your Personalized Coaching Package

With a Dr. Ritamarie Certified Functional Nutrition Practitioner

You have up to 90 days from the date of your 90-minute Initial Consultation to complete your coaching calls. 90 Days is an Ideal Amount of Time to Get You Going on New Habits: Choose Your Own Pace under the Guidance of a Trained Coach

90-minute Initial Consultation and Case Analysis: After taking a complete health and lifestyle history, your coach will spend time analyzing and creating a plan for helping you to reach your health goals. By the end of this session, your coach will help you to determine:

- Obstacles that are getting in the way of you achieving the level of health you desire
- Specific diet and lifestyle habits which will accelerate your healing
- Nutrient imbalances that might be contributing to your symptoms
- Hormonal Imbalances...and more!

Your coach will be able to work with you to create a plan for additional health or lab assessments and guide you to the tools and resources that will empower you to put it all into action. (Value \$375)



1-hour In-depth Lab Analysis Session: Lab testing allows you and your coach to look inside your body and determine imbalances that can be corrected by appropriate nutrition and lifestyle habits. You may bring recent labs to the call for review. Your coach will guide you to what additional tests might be needed and how to get them. If labs are not indicated, then you can use this call for extra coaching, support, and guidance. (Value \$375)

In-depth Case Analysis and Report - An important part of the process is detailed review of all of your labs, and your history, to identify imbalances and create a comprehensive plan for restoring your health. We do that between visits. (Value \$500)

4 Progress and Planning Follow-up Consultations: Meet with your coach online, or on the phone, weekly or every other week - as needed - to follow up on your progress, reassess, and get the guidance you need to put your personalized plan into action. (Value \$775)

Progress Journals for Quick Questions Between Appointments: (Value \$475)

Total Value = \$2,500.00



Dr. Ritamarie Loscalzo
MS, DC, CCN, DACBN

ROOT CAUSE HEALTH CARE

Bonuses

BONUS #1: Computerized Blood Chemistry Lab Analysis: Your coach will run your blood test results through a computerized system and you'll get a report of at least 10 pages that will outline imbalances found and key organ, glands, and nutrient approaches to restore balance. (Value \$125)

BONUS #2: Sweet Spot Solution Menu Planner & Recipe Guide: This invaluable collection of low-glycemic, allergen-free, whole foods recipes will become your new best friend. Filled with resources to help you maintain steady blood sugar and high energy nutrition, this collection features over 300 pages of delicious recipes and a complete 30-day menu plan you can follow as is or adjust to your specific preferences and needs. (Value \$149)

BONUS #3: Accountability Diet & Lifestyle Habits Journals: You'll be able to report to your coach on a weekly basis and get guidance for putting your health plan into action. (Value \$297)

BONUS #4: 90 Days of Access to our Online Food Video Preparation Library and Fitness Video Library Collections: These videos will give you practical, real-world tools for adding delicious and nutritious foods to your diet and exercises that are both innovative and efficient. (Value \$297)

BONUS #5: 90 Days of Access to Dr. Ritamarie's Transforming Stress System: The Transforming Stress System is a powerful resource containing daily "quick stress breaks" that you can easily incorporate into your day-to-day life. (Value \$97)

BONUS #6: 3-month VITAL Community STANDARD Membership (Optional): This membership provides you with monthly live access to Dr. Ritamarie or one of her coaches on VITAL health topic calls on leading-edge subjects, open Q&A calls, a Healing Kitchen online food preparation and a lively and active Facebook community for support. (Value \$75)

Bonuses Value: \$1,040.00

Total Value = \$3,540.00

Quick Action Investment = \$1997

Click to get started:

<http://www.drmarie.com/go/CoachingWithPractitioner>

<http://www.DrRitamarie.com>

© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Page 2 of 2