



## 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)

**Four 45-minute 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)

**E-mail Access for Quick Questions Between Appointments:** (Value – PRICELESS!)

**Access to Module 1, Foundational Nutrition, of Dr. Ritamarie's Energy Recharge Coaching Program:** This online resource includes Recipes, Videos, Audios, Checklists and materials to empower you to incorporate new habits more quickly. (Value \$997)



**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: B4 Be Gone Meal Make-Over Digital Package – 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 \$49)

**BONUS #4: Raw Food University Video Class: Gluten-Free Bread & Cracker Making:** If going gluten-free is a part your health plan, the ability to make gluten-free bread is invaluable to overcome the cravings that often occur when you first go gluten-free. This video provides approximately 3 hours of food preparation demonstration and a recipe guide filled with delicious gluten-free, grain-free, dairy-free and sugar-free recipes, many fortified with green foods and healthy omega-3 fats. (Value \$27)

**BONUS #5: 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 \$98)

**BONUS #6: 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 #7: 90 Days of Access to Dr. Ritamarie's Inspired Health Vision System:** The Inspired Health Vision System will guide you to connect with what is most important to you and create a bold goal and plan for achieving it. (Value \$97)

**BONUS #8: 3-month VITAL Community STANDARD Membership (Optional):** A STANDARD membership in the VITAL Community will provide you with monthly live access to Dr. Ritamarie on VITAL Community health topic calls on leading-edge subjects, open Q&A calls, a Healing Kitchen online food preparation class with Dr. Ritamarie and guest chefs, and a lively and active Facebook community for support. (Value \$75)

**Total Value = \$3,239**

**Investment = \$1,997**

Click to get started:

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