

Phase 1: Clean the Slate



“Clean the Slate” is a 3-month program that includes 5 in-person appointments, and a 3-month membership to our Nutrition Club, which includes InBody 570 body composition testing. The goal of this program is to establish a healthy foundation for your diet that is personalized for you. What we accomplish:

- Improve the quality of your diet (what you eat).
- Provide guidance and education on what and how much you need to eat based on your body, age, gender, and health goals. Food is fuel. We often find people are missing an important macronutrient (like protein) or are not eating enough food overall!
- Teach you how to eat in order to balance your blood sugar. Balanced blood sugar is the first ingredient for improving energy, balancing hormones, and weight loss.
- Discuss and implement lifestyle changes to improve sleep, exercise, and stress.
- Explore relationships between food and mood, emotional eating, and the brain-gut connection.
- *When we know it's helpful for certain conditions, we may encourage an initial elimination style diet to better initiate healing and to clarify what foods work best and which ones to limit in the long-term.*

Some people reach their goals in Phase 1 and continue to follow-up with us, as needed, after the program is completed instead of moving onto Phase 2. Phase 1 is also a steppingstone to allow us to fully work on diet alone before diving into our more in-depth programs (Phase 2 and 3) that go deeper into functional nutrition.