



Be Proactive, Be Confident, Be Healthy Program

WITH
DR. HEATHER MANLEY, ND



A 6-month program designed to heal your gut, liver, and balance your sex and adrenal hormones. I use functional lab analysis, knowledge of present and past symptoms, a naturopathic doctors bag, and an intelligent & intuitive sequence of treatment plans.

Imagine this

- **Waking up feeling energized, motivated**, and ready to take on the day
- **Maintaining daily clarity and focus** on journeying through your day with strength
- **Only taking high-quality supplements** based on your working physiology and functional lab tests
- Being aligned with your body, **feeling proactive and confident**, while achieving your optimal health

My Goals

We have over-complicated health in our modern approach to healthcare. The human body isn't naturally sick, and many people are needlessly suffering. When we provide your body with the nourishment it needs, the body is supported and heals. It knows how, and wants to be healthy. **It's that simple.**

Whether you have current symptoms or specific goals, we will dive into your present and past health history and how you want to optimize your health and create long-term resiliency.

This program is a comprehensive 6-month long one-on-one partnership, with a broad range of functional medicine labs that explore your hormones, gut, stress resilience, immune function, nutrient status, detoxification capability, blood sugar balance, and more. We look at functional physiology; determining the expression of problems before the pathology presents itself. We determine what your body needs and create a strategic & transformative plan to help you feel your best.

* Happy to sign an NDA - However, please note that all information shared is confidential and subject to federal and state privacy laws relating to health information under the HIPAA. I provide my Notice of Privacy Practices to all patients, so that you understand how your information is protected and used for your healthcare.



What Is Included:

- Comprehensive initial consult with a complete health history and current health concerns
- Nutritional and lifestyle assessment
- 2 sessions with a nutritionist
- 1 session with a hypnotherapist or 1 session with breath work facilitator
- Supplement and medication review (if applicable)
- A customized approach and strategy tailored to your specific health needs
- Bi-weekly consults to fit your lifestyle (one is mandatory)
- Voice/text support between consults (10am-6pm PST, Monday-Friday)
- Comprehensive functional lab tests and analysis (Labs below included in the price of the program; any additional labs not included and based on patient need)
 - Comprehensive Functional Blood Chemistry, Organic Acids, Hormones, Adrenals, Food Sensitivity Test, Functional Genomics and Comprehensive Digestive Analysis
- 35% discount off of supplements purchased from Fullscript

My Strategy:

THE LABS GIVE US A ROADMAP

I run all the labs simultaneously to see a comprehensive picture of what is going on at a cellular level. Considering the subjective and objective data helps formulate a plan that works for you; I want to see your physiological patterns.

Testing is so necessary that I couldn't in good conscience treat a patient if I didn't have a functional test in front of me. Clinical presentation and functional lab tests will be woven together to offer a personalized treatment.

Over the past decade specializing in functional labs, I've seen two significant patterns emerge...

- You cannot heal the gut if the adrenals are struggling
- You cannot detox if your gut is leaky and inflamed

We will start with your diet and lifestyle to begin your health transformation while waiting for lab work to come in. This wholly customized step will help you begin to feel better with healthy and sustainable lifestyle habits, and when you feel better, the flow of achieving your health goals is simple.



Cross Referencing

COMPLETE YOUR HEALTH PUZZLE PICTURE

We look at all your labs to find any patterns and make the connections that need to be made to achieve your optimal health goals. For example, the thyroid might be “off.” Many practitioners would focus on the thyroid instead of looking at the adrenals or micronutrient absorption. I look for patterns in your lab work to determine a personalized plan for you.

Plan Your Strategy

SEQUENCE IS KEY

As mentioned previously, there is an order of operations—

For example, if you work with someone who has candida and is also chronically stressed, only treating the candida will not help in the long run. If you would need to first implement a lifestyle change (reduce stress) and then focus on GI. That is when we see long-term results last.

- Neuroendocrine/lifestyle first (thyroid, adrenals, mitochondria first 2 months) and then gut and detox and finally, long term support/maintenance.

SUPPLEMENTS

It is important for us to personalize your suggested supplements so you are only taking what is needed. We will not overprescribe or under-dose.

MAKE REFINEMENTS

Monitoring subjective feedback and using questionnaires and test results gives us the ability to make adjustments.

Core Functional Lab Work

ADRENAL HORMONE HEALTH

Measure your stress resilience to prevent burnout and restore hormonal balance

DUTCH Plus: *urine and saliva*

ORGANIC ACIDS & NUTRITION

The NutrEval is a combination of nutritional tests that measures organic acids and amino acids, essential and metabolic fatty acids, oxidative stress markers, and elemental markers (both nutrient and toxic elements). It helps identify specific nutrient deficiencies, metabolic function, neurotransmitter balance, toxicant exposures, and mitochondrion functions.

NutrEval: *urine and serum**

DIGESTIVE ANALYSIS

Assess the health of your digestive tract, microbiome & identify any pathogenic or opportunistic imbalances that may be present

GI Map: *stool*

FOOD SENSITIVITIES

Identify which foods are currently triggering an inflammatory response that is interfering with health.

One of: *MRT: *blood test or FIT/KBMO: *finger prick*

BLOOD CHEMISTRY

Identify inflammatory factors, blood sugar imbalances, nutrient imbalances, thyroid & immune function.

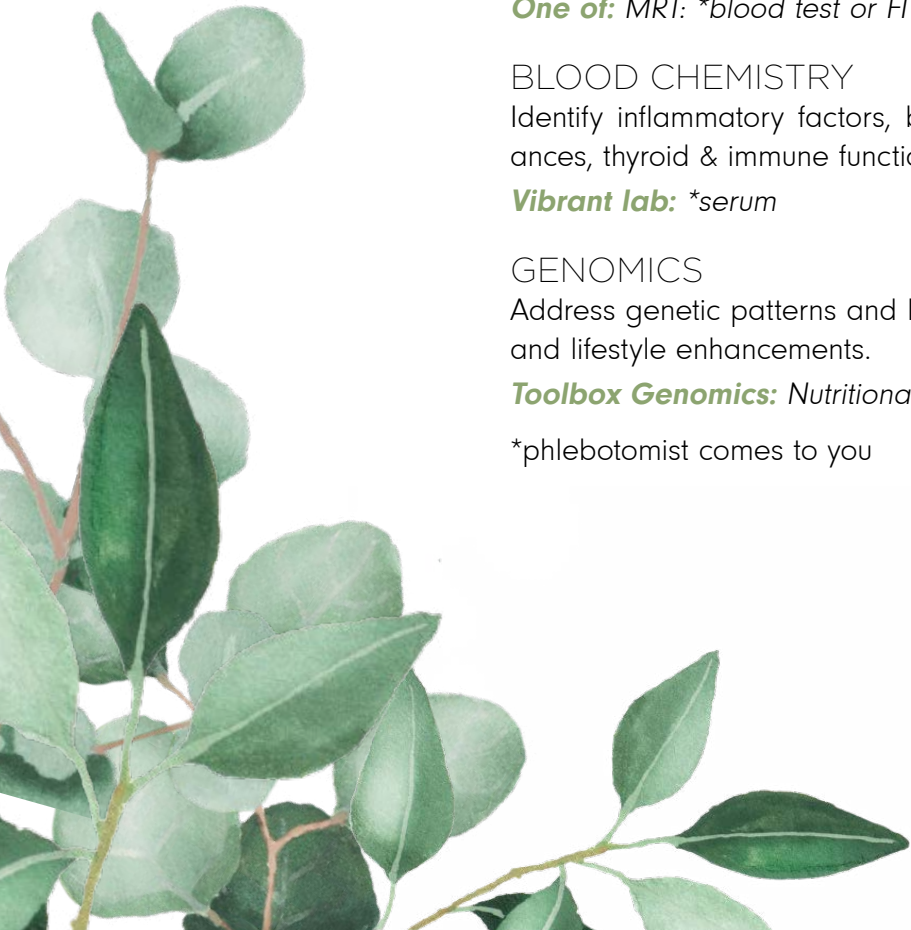
Vibrant lab: **serum*

GENOMICS

Address genetic patterns and long-term health through nutrient therapy and lifestyle enhancements.

Toolbox Genomics: *Nutritional Optimization & Detox: Cheek Swab*

**phlebotomist comes to you*





I Will

- Cheer you on
- Be your accountability partner
- Walk the walk with you

We will move at your desired pace, based on your body's unique needs to propel you into the best season of your life!

We are a team. Creating optimal health is simply a matter of identifying and removing triggers and replacing them with healthy lifestyle habits that nourish you. My goal is to support you as you build resilience and vitality for the long-term.

It's time to feel better than you ever have before.

Thank you for reading and I look forward to working with you!

dr. heather
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HEATHER MANLEY
naturopathic doctor

Bonuses

EDUCATIONAL SUPPORT

- Liver health
- Brain and genetic health
- Hormone health
- Sleep health
- Gut health
- Lifestyle guide

BIOHACKING GIFTS

ADD-ON PACKAGES ARE AVAILABLE