Session 1: Initial Session Action Steps & Game Plan

1.5hrs

Testing options:
- GI
- MRT
- Adrenals
- Bloodwork
- Hormones
- other: _____

Therapeutic Protocol (3 months)

When test results are in:

Session 2 Developing your Custom Protocol

1hr

One week later:

Session 3 Success Planning: Implementation

1hr

2-3 weeks into the protocol

Session 4: Success check

30mins

One month later

Session 5: Success check

30mins

One month later

Session 6: Retest prep

30mins

Re-testing options:
- GI
- MRT
- Adrenals
- Bloodwork
- Hormones
- other: _____

Session 7: Refining your Custom Protocol

1hr

Restorative Wellness Solutions