

THE FOUNDATIONS OF HORMONE BALANCE

DETAILS &
HOW TO GET
STARTED!



LIZRIESEN.COM | LIZ RIESEN, RD, CD

WHAT YOU CAN EXPECT

In the Foundations of Hormone Balance Program

A HIGH-TOUCH COACHING EXPERIENCE

NOTHING IS WORSE THAN MEETING WITH A HEALTHCARE PROVIDER AND BEING LEFT WITH MORE QUESTIONS THAN ANSWERS. IN THE FHB PROGRAM WE WILL MEET 1:1 AND GO THROUGH DETAILED HEALTH HISTORY AND DEVELOP OUR PLAN OF ACTION. FROM THERE YOU HAVE CONTINUOUS, EASY ACCESS TO ME THROUGHOUT THE WEEK WITH QUICK RESPONSES AND PERSONALIZED RECOMMENDATIONS.

ACCOUNTABILITY & MOTIVATION

IN MY EXPERIENCE, THE FIRST 2-4 WEEKS GO GREAT WHEN MAKING CHANGES TO DIET AND LIFESTYLE. BUT THEN SOMETHING COMES UP AND THROWS YOU OFF TRACK AND IT'S TOUGH TO GET BACK. THIS IS WHY ACCOUNTABILITY AND MOTIVATION ARE KEY AND BUILT INTO THE PROGRAM THROUGH DAILY 1:1 FEEDBACK OPPORTUNITIES, WEEKLY ZOOM SESSIONS, AND A PRIVATE FACEBOOK COMMUNITY WITH Q&A THREAD, RECIPE & PRODUCT SHARES, FUN CHALLENGES YOU CAN JOIN, AND MORE!

YOU'RE NEVER LEFT ON YOUR OWN

I GET IT. I'M A BUSY MOM, BUSINESS OWNER AND CAN FORGET WHAT DAY OF THE WEEK IT IS! YOU ARE HESITANT TO JUMP INTO YET ANOTHER NEW HEALTH VENTURE - BUT THIS TIME IT'S WITH AN EXPERT YOU WILL GET TO KNOW (SOMETIMES TOO WELL HAHA) AND A FELLOW BUSY MAMA. I'M HERE TO REMIND YOU OF WHY YOU STARTED AND WHERE YOU ARE GOING.

YOUR PATH WILL LOOK DIFFERENT BECAUSE YOU ARE UNIQUE IN YOUR HEALTH, BODY, GOALS, AND PREFERENCES. THIS IS WHY OUR RELATIONSHIP AND 1:1 COMMUNICATION IS MY NUMBER ONE PRIORITY. IT IS ALSO THE KEY TO SUCCESS IN THIS PROGRAM!

SERVICES INCLUDED

This is a six month program with options to continue working together after through a few different avenues, so you can pick what support is best for you.

INDIVIDUAL NUTRITION COUNSELING

WE'LL GET STARTED WITH A 60 MINUTE NUTRITION CONSULT THAT DIVES DEEP INTO HEALTH HISTORY AND HELPS IDENTIFY UNDERLYING ISSUES THAT SHAPE OUR INITIAL NUTRITION PLAN. YOU'LL RECEIVE SPECIFIC RECOMMENDATIONS THAT WE'LL BUILD OFF THROUGHOUT THE PROGRAM.

1:1 FEEDBACK AND GUIDANCE

YOU'LL HAVE TONS OF QUESTIONS FROM FOOD PAIRING, LABEL READING, PRODUCT FINDS TO SYMPTOM MANAGEMENT, SUPPLEMENT USE, AND LAB TESTING. NOW YOU'LL HAVE A TRUSTED HEALTHCARE PROVIDER TO GIVE YOU ANSWERS AND PERSONALIZED RECOMMENDATIONS ON THE REGULAR!

ADVANCED HORMONE TESTING

THE DUTCH COMPLETE HORMONE PANEL MEASURES OVER 35 HORMONES, METABOLITES, NEUROTRANSMITTERS, ORGANIC ACIDS & INFLAMMATORY MARKERS THAT PLAY A ROLE IN HORMONE PRODUCTION AND BALANCE. EASY COLLECTION AT HOME. YOU'LL COLLECT 4 URINE STRIP SAMPLES OVER 24-HOURS SO WE CAN GET A FULL PICTURE OF HORMONES.

VIRTUAL MODULES AND RESOURCES

AT YOUR OWN PACE YOU'LL WATCH THE ONLINE MODULES (SHORT VIDEOS) THAT MOVE STEP BY STEP THROUGH OUR FOUNDATIONS: NUTRITION, GUT HEALTH, INFLAMMATION, STRESS/MINDSET, DETOX, AND HORMONES. THESE ARE ORGANIZED IN AN EFFECTIVE STRATEGY FOR HEALING. SEND ANY QUESTIONS FROM THE MODULES TO THE WEEKLY Q&A SESSION, SO YOU FEEL CONFIDENT IN YOUR UNDERSTANDING AND APPLICATION.

There's more! I just can't fit it all on one page! Keep reading.

SERVICES CONTINUED

To me one of the most important roles of a healthcare provider is to "provide" support, guidance, and most importantly a safe space where you feel comfortable and can ask questions.

PRIVATE COMMUNITY

THE PRIVATE COMMUNITY IS WHERE YOU WILL FIND Q&A REPLAYS POSTED, AS WELL AS ADDITIONAL SUPPORT, MOTIVATION, & WEEKLY GOAL SETTING. I'LL HOST FOOD DEMOS PERIODICALLY TO INTRODUCE NEW FOODS AND RECIPES FOR YOU TO TRY.

COUNTLESS NUTRITION RESOURCES!

HEALTHY, EASY RECIPES AND MEAL SUGGESTIONS TAILORED TO YOUR DIETARY NEEDS AND GOALS. ALWAYS NEW AND UPDATED PRODUCT SUGGESTIONS TO HELP NAVIGATE BUSY DAYS AND CURB CRAVINGS.

PRACTITIONER-GRADE SUPPLEMENT ACCESS

ACCESS TO PRACTITIONER-GRADE SUPPLEMENTS BASED ON PERSONALIZED RECOMMENDATIONS FOR YOU. NUTRITION SUPPLEMENTS NEVER REPLACE DIETARY NEEDS, BUT USED IN ADDITION TO SUPPORT WHAT WE ARE WORKING TO ADDRESS. MY GOAL IS TO USE THE LEAST AMOUNT OF SUPPLEMENTS NECESSARY AND WE WILL ALWAYS TALK ABOUT LENGTH OF USE AND WHEN TO TAKE THEM.

PREVENTATIVE LABS & FUNCTIONAL LABS

YOU HAVE CONTROL OVER WHAT LABS YOU'D LIKE TO HAVE LOOKED AT. I DON'T THINK ANYONE SHOULD HAVE TO CONVINCE A DOCTOR TO "AGREE" TO TESTING FOR VITAMINS, THYROID FUNCTION, OR OTHER. BY NOT USING INSURANCE WE CAN ALSO RUN LABS FOR A MUCH LOWER COST. I'M TALKING \$6-8 FOR A THYROID TEST OR INSULIN LEVEL.

GETTING STARTED

CHOOSE WHAT PROGRAM LEVEL YOU'D LIKE TO BEGIN WITH.

SEE NEXT PAGE FOR PROGRAM LEVEL OPTIONS. YOU CAN UPGRADE OR DOWNGRADE AT ANYTIME TO MAKE SURE YOU'RE GETTING THE SUPPORT YOU NEED TO BE SUCCESSFUL.

CHOOSE A START DATE. THE PROGRAM IS BUILT FOR FLEXIBILITY, SO YOU CAN JOIN AT A DATE THAT WORKS FOR YOU!

CHOOSE A PAYMENT PLAN. THERE ARE OPTIONS FOR PAYING MONTHLY, PAID-IN-FULL DISCOUNT, OR PAY HALF NOW/HALF LATER. I AM ALSO OPEN TO A PAYMENT PLAN AGREEMENT THAT WORKS WITH YOUR BUDGET, SO PLEASE DON'T HESITATE TO TALK TO ME ABOUT THIS.

IF YOU ARE READY TO PRIORITIZE YOUR HEALTH AND CHANGE YOUR LIFE, I WANT TO BE ABLE TO SUPPORT YOU ON THIS JOURNEY.

WE ACCEPT THE FOLLOWING FORMS OF PAYMENT:

- PAYPAL AND PAYPAL FINANCING
- APPLE PAY
- CREDIT CARD

HEALTH SAVINGS (HSA/FSA) - NUTRITION SERVICES ARE PROVIDED BY LIZ, A LICENSED REGISTERED DIETITIAN AND THEREFORE CAN BE COVERED BY HEALTH SAVINGS FUNDS - BUT IT IS ALWAYS RECOMMENDED TO CHECK WITH YOUR FINANCIAL ACCOUNT PRIOR TO CONFIRM.

PROGRAM OPTIONS

LEVEL 1

\$397/month installment plan, or pay in full for a 10% discount

- Initial 60-min consult for health history, assessment, and goal planning
- Advanced Hormone Panel (\$500 value)
- Individualized nutrition plan with diet, lifestyle, supplementation. You'll build off this plan throughout the program.
- 60-min consult to review hormone panel results and update your plan.
- Weekly live virtual Zoom meetings
- Access to nutrition resources including online program modules, recipes, meal suggestions, applicable nutrition handouts, and more
- Ongoing feedback on test results, food record, symptom surveys, etc.

[PAY IN FULL](#)

[PAY MONTHLY](#)

LEVEL 2

\$497/month installment plan, or pay in full for a 10% discount

- Everything included in Level 1, PLUS
- Monthly 1:1 session with Liz for additional guidance and accountability throughout the program.

Women see amazing results in either level of the program. Level 2 is offered for those who benefit from and enjoy having set 1:1 meetings to talk through progress, challenges, and goals. Level 2 is a great way for us to work more directly through challenges and obstacles you may have to diet and lifestyle changes, or nervous system regulation.

[PAY IN FULL](#)

[PAY MONTHLY](#)

PAYMENT PLAN OPTIONS

If you'd like to discuss a custom payment plan, please don't hesitate to message me directly at info@lizriesen.com.

If you're ready to prioritize your health, comfort, and happiness I want to be able to support you on this journey - you deserve to and the whole family benefits from what we are working on!