

January Newsletter

Title: How to Stop the Insanity Cycle With Your Health This Year

Subtitle: Open for this month's FREE meals plans and recipes!

Yep, I've been there.

I've ridden the insanity train with my health, trying to feel better with all the fixes—but always getting the same result.

Does the following scenario sound familiar to you?

You go to your health provider, because you know something is off. You don't feel like yourself. You get the lab tests. The report? Everything is "fine." You may hear something like, "You're a mom with young kids. It's the season of life you're in." Or, "You're over 40. Things are just changing now. Get used to it." Or, "You're probably just stressed. I can write you a prescription for an anti-anxiety med to take the edge off." Or, "Maybe you could start exercising."

These are all frequently spoken phrases, and maybe there's even some truth behind them, but it doesn't always validate your feelings or concerns about your health. And it sure doesn't provide you with a plan.

With functional labs and a functional medicine approach to coaching, I want to empower YOU to fit the puzzle pieces of your health together!

As a newly certified applied functional medicine practitioner through [The School of Applied Functional Medicine](#), I offer various labs. These five are my favorite:

Custom lab panel (LabCorp blood draw): this includes basic CBC and CMP, plus a full thyroid panel, fasting insulin, A1C, magnesium, B12, Vitamin D, homocysteine, c reactive protein, full iron panel, and lipid panel. **\$171**

DUTCH hormone testing (at-home urine test): this comprehensively assesses sex and adrenal hormones and their metabolites. It also includes the daily free cortisol pattern, organic acids, melatonin (6-OHMS), and 8-OHdG. **\$309**

KBMO Food Inflammation Test (at-home finger stick): this employs unique methods that detect both IgG antibody and Immune Complexes together to determine the reactivity of each sample against 132 food antigens. Measuring IgG and Immune Complexes together increases the sensitivity over other tests which measure IgG alone. This leads to more accurate results and decreased chance of false positive or negative. **\$300**

Metabolomix Nutrient Panel (at-home urine, blood spot, cheek swab): a unique combination of nutritional tests that provides an analysis of key nutritional biomarkers. It assesses the functional need for antioxidants, B-vitamins, minerals, digestive support, fatty acids, and amino acids. **\$328**

GI MAP (at-home stool test): The GI-MAP (Microbial Assay Plus) is unique in the field of comprehensive stool testing. It is an at-home test that detects parasites, bacteria, fungi, and more, by targeting the specific DNA of the organisms tested. It assesses bacterial, parasitic, and viral pathogens that can cause disease, disrupt the normal microbial balance, and contribute to chronic GI illness. **\$326**

All of the above tests are ordered through Evexia Diagnostics, and if you have a health savings card, you can use that for testing.

To request labs, fill out [this Google form](#). I'll put the order in, and contact you for an appointment time to discuss your results and to plan best steps going forward.

My consultation fee is \$110. If you're not sure what lab test is right for you, or you want a health history consultation ASAP, [schedule here](#).

If you live in East Texas, come see me at Living Well Tyler!

Please know I want to advocate for you however I can. There is hope. You can start feeling better.

Want to partner with your body in nourishment? Check out my [Nourishment Journal](#) that I designed with my individual client needs in mind. This is a great way to start checking in with yourself to determine if you're getting enough nutrients.

Monthly Meal Plan

Every month, all newsletter subscribers get access to an *exclusive meal plan, grocery list, and recipes* for the entire month! That's right, this is the only place you can get it. Be sure to tell a friend to subscribe for access!

This month's meal plan focuses on the basics with a paleo approach. Sometimes giving the body a break from overly processed food and sugar can be a nice switch-up. Even if you're not eating like this for the whole month, trying some nutrient-dense meals throughout the work week can really improve mental health!

[Click Here](#) for the Meal Plan

[Click Here](#) for the Recipe List

Need Family Meal Ideas? Buy my book on Amazon!

I partnered with my friend, pediatrician Dr. Alina Olteanu, to bring you a brain food recipe book that the whole family will love! It is available now on Amazon! Grab a copy [here](#).

On the podcast last month:

(List and link podcast titles for December)

Podcast Sponsors for December:

Air Doctor filters out 99% of dangerous contaminants and allergens in your home! I love my Air Doctor and no longer wake up with a stuffy nose! Get up to 39% off or up to \$300 off when you use the promo code SPARK at [Air Doctor Pro's website here](#).

Aqua Tru is a reverse osmosis water filter for your countertop that makes your water taste incredible! My subscribers get 20% off with the code SPARK at the [Aqua Tru website here](#).

KiwiCo is an amazing resource for parents with kids of all ages! Redefine learning with play—explore hands-on projects that build creative confidence and problem solving skills with KiwiCo! **Get 50% off your first month plus FREE shipping on ANY crate line at [this link here!](#)**

Supplements I Recommend:

Got stress? Check out my recommended supplements and protocols. They're available in my [Full Script store](#), and creating an account is free! All of my clients get 10% off their first order.

Looking to quick start your wellness journey? [These are the products I started with](#). Combine them with the Three Day Reset and you will see a huge boost in your health and well-being! I've partnered with this company for nine and a half years now, and there's a reason I still take the products. They work!