

Your Body Is Connected

Check every symptom that feels familiar — even if it seems unrelated.

SKIN

- Breakouts (jawline/chin)
- Breakouts (forehead/cheeks)
- Dry/dull/aging faster than expected
- Redness or flushing
- Eczema or psoriasis flares
- Hair thinning or loss
- Dark under-eye circles

GUT

- Bloating after eating
- Constipation
- Loose stools or IBS symptoms
- Heartburn or reflux
- Reacting to more foods than before
- Sugar or carb cravings

HORMONES

- Weight that won't budge
- Hot flashes or night sweats
- Heavy or painful periods
- PMS or mood swings
- Low sex drive
- Irregular cycles

ENERGY & MOOD

- Tired but can't sleep
- Afternoon crash
- Brain fog or memory issues
- Anxiety that came out of nowhere
- Feeling flat or unmotivated
- Can't handle stress like you used to

METABOLISM

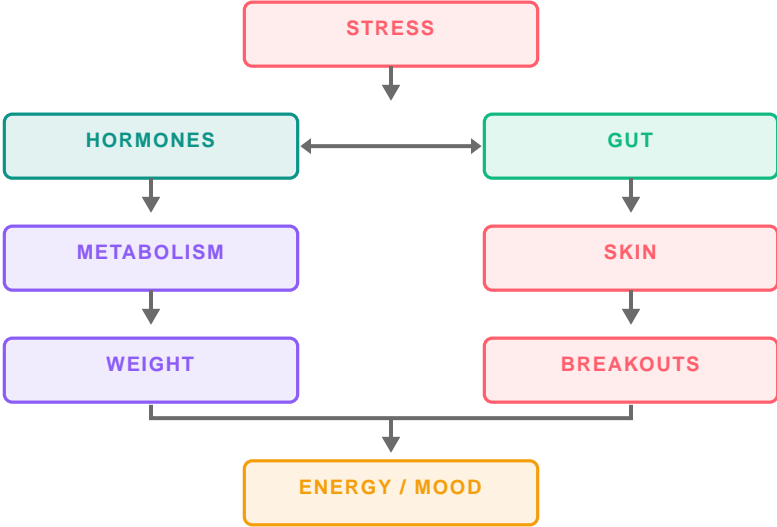
- Always cold
- Puffy or swollen
- High cholesterol despite eating well
- Slow healing

NAME

DATE

Here's How Your Symptoms Connect

Notice how it's not just one category? That's the part everyone misses. Your doctor looked at your skin. Your GI looked at your gut. Your OB looked at your hormones. But nobody put them on the same page. That's what we're doing right now.



Everything talks to everything. When one system is off, it pulls the others with it. The question isn't "what's wrong with my skin" or "why can't I lose weight" — it's "where did this start, and what's driving it?" That's what we map together.

Your Pattern

Based on what you circled, here's the story your body has been telling.

The root system: _____

It's connected to: _____

Which is showing up as: _____

This isn't 5 different problems. It's one story your body has been trying to tell you.

What Happens Next

Choose the path that fits where you are right now.

\$297

Functional Systems Mapping + Plan

A 60-minute deep dive session. We map your symptoms together, identify the root pattern, and build a personalized action plan. You leave with clarity — and a roadmap.

\$997

Six-Week Program

Six weeks of guided, personalized nutrition work. We go deep into your root pattern, adjust your protocol week by week, and rebuild your system from the ground up.