



Dr. Gayetri

Functional Medicine Practitioner

Packages

Full Details

For issues that require doctor input alone, Our RESET option may be all that is required following which you will be given your bespoke health plan. We have found that some people want to have a one-off consultation with us rather than committing to our programme. This may be because they are new to Functional Medicine and want to know more about how it can help them specifically.

For more complex, chronic conditions further testing and information gathering will often be needed. There may also be a need for input from a Nutritional Therapist or Health Coach. In this case, we would advise you to take a longer package such as the RENEW or REVIVE over either 1 month or preferably 3 months.

1 - RESET

Initial Consultation - Doctor 90 mins

Our introductory package to start your bespoke journey to wellness and vitality. This includes preparation of your case from the online questionnaires and is a full review of your medical history. Following this, you will meet to Dr Gayetri to have an in-depth face to face consultation to understand your health history, discuss possible root causes and advice on nutrition, lifestyle, testing and supplements. Following this, you will be sent a comprehensive written, personalised treatment protocol with recommendations, resources and a tailored diet plan including sample recipes. This is followed by standalone appointment with Dr Gayetri as and when you need to review of progress on the program, discuss results from further cutting-edge tests to dig deeper into your health issues including ground-breaking genetic tests, stool, hormone and heavy metal tests, alterations to the plan, discuss any concerns you may have.

2 - RENEW PACKAGE

Doctor + Nutritional Therapist over one month or three months

Reset (as above) + appointments with a Nutritional therapist to find your nutritional imbalances. A follow up consultation with Dr Gayetri each month to assess your progress and discuss you test results in detail. It would be to discuss any concerns you may have, the treatment plan and any alterations to the treatment protocol as appropriate. A written comprehensive treatment plan would have been prepared from your comprehensive

functional tests and A comprehensive report will be sent to you after each consultation. This is supported by appointments with the Nutritional Therapist to track your progress, troubleshoot, encourage habit change and consolidate your health and wellness goals, identify areas for more work and plan for your healthier and happier future.

3 – REVIVE PACKAGE

Doctor + Health Coach over one month or three month

Reset (as above) + appointments with a Health coach to discuss lifestyle challenges, goals and limiting beliefs. A comprehensive report will be sent to you after the consultation. During each results appointment you will be presented with a detailed written report and discussion of all the results. This is supported by weekly or bi-weekly online appointments with the health coach to track your progress, troubleshoot, encourage habit change and consolidate your health and wellness goals, identify areas for more work and plan for your healthier and happier future.

4 - RESTORE PACKAGE

Our entire team to give you the very best support – Doctor, Nutritional Therapist and Health Coach

Continual re-evaluation through regular and sustained contact allows us to fine-tune and personalise your health journey, adding recommendations. A comprehensive report will be sent to you after the consultation. During each results appointment you will be presented with a detailed written report and discussion of all the results. This is supported by weekly on bi-weekly online appointments with the health coach to track your progress, troubleshoot, encourage habit change and consolidate your health and wellness goals, identify areas for more work and plan for your healthier and happier future. Our personalised approach is especially helpful in keeping you encouraged and moving towards your goals without being thrown off course by the ups and downs that are normal on the way to better health

Not sure which package is right for you? Call us for advice – or book the standard RESET package. We can easily upgrade you when you arrive in clinic and your needs are clarified.

All our packages come with free email support in between the appointments. They will change how you feel and eat forever.