

## **Clear Medicine 5- Week ND-Nutrition Program Overview:**

### **Week 1 - Initial Assessment with Naturopathic Doctor:**

- Health history intake
- Determination of nutrition prescription for nutritionist
- Personalized supplement plan
- Recommendations for sleep, stress, digestive issues are usually completed at onset
- Body pH balance
- Testing recommendations and the Best Body Assessment may occur here or in follow-up sessions

### **Week 2 – Initial Consultation with Nutritionist:**

- Your nutrition prescription is explained and outlined – detox, fat loss, etc...
- Permitted foods and foods to be avoided are explained
- Progress tracking is explained
- Body pH (What happens when your body is acidic)
- Best Body Assessment is completed (if necessary)

### **Week 3 – Nutritionist Follow-up**

- Assess progress on nutrition plan
- Review diet diary
- Explain next steps of nutrition prescription, detox, fat loss, etc...
- Address issues such as lack of weight loss, hunger, cravings, constipation
- Teach new nutrition item – label reading, protein, carb, fat, nutrition for hormonal balance

### **Week 4 – Nutritionist Follow-up**

- Assess progress on nutrition plan
- Review diet diary
- Explain next steps of nutrition prescription, detox, fat loss, etc...
- Address issues such as lack of weight loss, hunger, cravings, constipation
- Teach new nutrition item – label reading, protein, carb, fat, nutrition for hormonal balance

## **Week 5 – Naturopathic Doctor Follow-up**

- Assess progress on 5-week program
- Determine ongoing issues to be addressed – after the four most common imbalances have been addressed (inflammation, cortisol, estrogen, insulin)
- Summarize recommendations for ongoing concerns
- Testing recommendations
- Best Body Assessment Repeated