Introduction to Root Cause Jumpstart

Congratulations for making the decision to take the first step towards optimizing your health. Here on this page, you can register for our Root Calls Jumpstart.

This way, we can take steps needed to truly evaluate your symptoms and concerns and come up with a plan to help you get back to feeling like yourself again.

Initial Hormone Consultation

With our root cause jumpstart, you will receive your initial hormone consultation where we'll dig deep into your health history, family history lifestyle, nutrition, and other factors that might be affecting your help.

Next, we will order comprehensive lab work where will explore hormones, stress hormones thyroid, vitamin and nutrition as well as other metabolic and inflammatory markers.

Comprehensive Lab Testing

We also will order a saliva cortisol test to determine how well your adrenal glands are functioning. This has a big effect on how we feel sometimes.

Personalized Plan and Review Visit

Once all of your lab work is received, I will take a look at that and develop a personalized plan for you, which encompasses a holistic look rather than just traditional guidelines.

Together, we'll schedule a review of finding visits where we'll go over all of your lab work, your cortisol levels, as well as your health history and decide on the plan and program that works for you.

Program Length and Enrollment

Our programs run from three to nine months, depending on level of care that you need and include monthly visits, supplements, and more. If you're ready to get started today, go ahead and register for your Root Calls Jumpstart.