



VERONICA MONTURE  
FUNCTIONAL WELLNESS

Holistic Nutrition & Fascial Stretch Therapy™

*Guiding you back to your functional self with  
optimal health through nourishment & movement*

## Packages & Pricing

To book, please contact  
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# Holistic Nutrition

## What is Holistic Nutrition?

*Holistic Nutritional therapy assists the body's natural ability to heal by identifying and addressing the root cause of symptoms and disease on a bio-individual cellular level to devise a personalized health protocol that honours and integrates the unique physical, emotional, chemical, environmental and spiritual aspects of an individual's life.*

## Services:

### Virtual Initial Consult

**\$200**

It all starts with getting to know all of YOU! Upon booking, you will be emailed a comprehensive health intake package containing a five day food journal and forms that will familiarize me with your individual needs, health issues and wellness goals, as well as your physical, medical, emotional histories and biochemical nutrient imbalances.

When payment and all forms in the intake package are returned, within 2 weeks you will receive a **Personalized Holistic Wellness Protocol** document detailing key food/nutrient recommendations, a therapeutic supplement and herbal protocol, lifestyle recommendations, educational information & resources, and a recommended foods list in order to set you on your path forward to achieving your goals.

+ A phone/video/in-person meeting can then be scheduled to discuss a run-through of your Personalized Holistic Wellness Protocol if desired.

Also included is **4 weeks of free weekly check-ins** and **15% off of professional grade supplements through Fullscript™**



### Followup Assessments

(Virtual or in-Person)

**\$90**

Recommended every 4-6 weeks to adjust nutrition, supplement, and lifestyle recommendations. An adjusted wellness protocol will be emailed following the followup assessment.

### In-Person Nutrition Add-ons

**1hr @ \$90**

- Household food audit session: educational overhaul of household pantry and fridge
- Grocery shopping education session: swap out your usual go-to's with healthier alternatives
- How to read nutrition labels and ingredients lists - what to pay attention to, and how to determine good vs. bad ingredients
- In-home recipe demonstrations

### Functional Lab Testing

**Pricing dependent on test cost + analysis (starting from \$350)**

- GI MAP™ Microbial stool testing
- DUTCH Complete dried urine hormonal testing
- Organic Acids urine testing
- Food Sensitivity Testing





## Nutrition Coaching Packages:

Coaching packages provide a solid foundation for change and are ideal for deep diving into your journey to optimal health and functional wellness. If you're looking for more accountability on this journey, invest your health into a coaching package!

### Get Started Package (4-6 weeks) \$365

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
  - key food/nutrient recommendations
  - therapeutic supplement and herbal protocol
  - lifestyle recommendations
  - educational information & resources
  - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **1 follow up session** at the end of your initial Personalized Wellness Package plan with adjusted nutrition, supplement, and lifestyle recommendations
- **1 Customized Meal Plan + Recipes** (one example week of daily meals and accompanying recipes)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

Subsequent follow-up assessments, weekly check-ins and meal plans can be added on after completion of this package

### Package #2 (typically 12-18 weeks) \$1050 (or \$350/month over 3 months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
  - key food/nutrient recommendations
  - therapeutic supplement and herbal protocol
  - lifestyle recommendations
  - educational information & resources
  - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **3 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **4 Customized Meal Plans + Recipes** (4x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

### Package #1 (typically 8-12 weeks) \$750 (or \$375 over two months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
  - key food/nutrient recommendations
  - therapeutic supplement and herbal protocol
  - lifestyle recommendations
  - educational information & resources
  - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **2 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **3 Customized Meal Plans + Recipes** (3x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™

### Package #3 (typically 6-9 months) \$1998 (or \$333/month over 6 months/payments)

What's included:

- **Virtual Initial consult + Personalized Holistic Wellness package**
  - key food/nutrient recommendations
  - therapeutic supplement and herbal protocol
  - lifestyle recommendations
  - educational information & resources
  - recommended foods list for grocery shopping and overhauling your fridge & pantry
- **6 follow up sessions** 4-6 weeks apart with adjusted nutrition, supplement, and lifestyle recommendations
- **7 Customized Meal Plans + Recipes** (7x one example week of daily meals and accompanying recipes per appointment)
- **Weekly check-ins** for accountability (e-mail or 30 min phone/video call)
- **Unlimited email support and 15% off of professional grade supplements** through Fullscript™





# Fascial Stretch Therapy. (FST)

## What is Fascial Stretch Therapy?

*Fascial Stretch Therapy (FST) is a form of in-person, table-based total-body stretching that targets the joint capsule, using traction to release restrictions and to stimulate joint lubrication through varying planes of gentle movement and undulating stretching. These movements are all synchronized with the breath, which helps to relax the nervous system and therefore increase range of motion.*

*With this attention to the nervous system, Fascial Stretch Therapy not only increases mobility and flexibility, but can also offer a mind-body approach to resolving emotional conflicts, leaving people feeling physically and emotionally better and more connected to their bodies.*

As a certified Fascial Stretch Therapist, I offer Fascial Stretch Therapy™ as a mobile service, or out of my home.

### Initial Consult

**1 hr @ \$90**

### 30 min Session

**1 session @ \$50**

### 1 hr Sessions

**1 session @ \$90**

**4 sessions @ \$325**

**10 sessions @ \$800**

