

fitmom

PRE-CALL GUIDE



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PREPARING FOR YOUR ROOT ANALYSIS CALL —

- ☒ Read through this guide
- ☒ Please discuss the contents and your personal goals with your spouse or significant other
- ☒ Invite your spouse or significant other to join the call with you
- ☒ Be on time for the Zoom call
- ☒ No driving, distractions, or multi-tasking or we will need to reschedule the call

WHAT IS FUNCTIONAL MEDICINE? —

Functional Medicine is a patient-centered approach to healthcare that focuses on identifying and addressing the root causes of disease rather than just treating symptoms. It views the body as an interconnected system, where imbalances in areas like nutrition, hormones, or lifestyle can impact overall health. Practitioners use personalized treatments, often combining conventional medicine with lifestyle changes, to promote long-term wellness and prevent chronic conditions, whereas conventional medicine is reactive. This approach emphasizes understanding the unique genetic, environmental, and lifestyle factors that contribute to each person's health. Functional medicine aims to address the mind, body, and spirit and the connection all have to chronic illness.

THE FOUNDERS

Liz Roman — CEO



Liz is a Board-Certified Functional Nutritional Practitioner and Master Restorative Wellness Practitioner, specializing in gut health, hormone balance, and holistic healing. After years of frustration with conventional medicine—where doctors told her everything was "normal" despite battling chronic constipation, weight loss resistance, skin issues, PMS, brain fog, and fatigue—Liz turned to functional medicine for answers. She uncovered the root causes of her struggles: Hashimoto's autoimmune thyroiditis, gut dysbiosis, and fungal overgrowth. Determined to heal, she immersed herself in studying nutrition and functional medicine to not only transform her own health but to help other women do the same. Now, her Hashimoto's is in remission, she's dropped the weight, gained strength and stamina, and is a proud mom to two strong, beautiful boys! She also the co-host of the Top 100 podcast in alternative health, The Health Revival Show, where she shares powerful, down-to-earth health strategies that empower women to reclaim their health.

Becca Chilczenkowski — CEO

Becca is a Board-Certified Hormone Specialist. Her expertise is working with female hormone and metabolic struggles including conditions around PMS/PMDD, Perimenopause or Menopause, Weight loss resistance, PCOS, and more. She works to help women find answers, root causes of their symptoms, and heal permanently from their chronic health struggles. Her journey into functional health started because of her own health struggles. Due to long periods of chronic stress from years of dieting, over-training, and a stressful job - her body's health started spiraling. Horrible periods, infertility, constipation, food intolerances, extreme mood swings, and eventually rapid weight gain fueled her to find answers she wasn't getting from doctors. Through her healing journey, she grew her knowledge and her fire to help other women not struggle for as long as she did. Last, but not least, she is a wife and mom of her two children (Carson - 6, Taylor - 3).



THE TEAM

Ashlee Galloway

Practice Manager



Ashlee is a Nutritional Therapy Practitioner and passionate about all things health and wellness. She will assist you with onboarding, ordering testing, and will conduct check-ins to be sure your experience in this program is as great as possible. She comes from a long childhood riddled with antibiotics leading to a struggling immune system in her 20s - through her passion for food and determination to change the course of her 30s, she healed and ended that decade of her life with a healthy, vibrant pregnancy. Ashlee enjoys hearing other women's stories and having the tough conversations that elicit change. In her free time you can find her experimenting in the kitchen, working on home improvement projects, and chasing her toddler around.

Stephanie Selinger

FNTP, RWS

Stephanie is a Functional Nutritional Therapy Practitioner, a Restorative Wellness Practitioner, and has completed functional blood chemistry training through MBCE, and pre-conception and fertility nutrition training with the Integrative Women's Health Institute. She is also trained in Biofield Testing/Morphogenic Field Technique (muscle testing) and interpreting the HTMA test for mineral balancing. She is experienced in root-cause health and specializes in mold illness/toxicity, gut and digestive health, skin issues, metabolic health, and more. She is especially passionate about working with women along their entire journey from optimizing health for fertility through the peri and menopause transitions. She lives in Portland, OR with her husband, teen daughter, and adopted terrier. In her free time, she enjoys hiking the peaks of the Pacific Northwest, studying German, fermenting vegetables, and sprinting at her local high school track.



THE TEAM



Caitlin Townsend

FNTP, RWS-3

Caitlin Townsend is a Functional Nutritional Therapist, Restorative Wellness Practitioner L3, and Fertility Coach who helps women struggling to conceive get pregnant naturally. She is on a mission to create vibrant mamas and healthy babies. Through her own struggles with unexplained infertility, it led her to go back to school and find the answers she so desperately needed when no one else would. Caitlin is also a trained Chef and has hosted many fertility cooking classes virtually and at her farmhouse. When she isn't geeking out about all things fertility, you will find her in the gardens of her lovely farmhouse or cooking up something tasty in her kitchen.

Jenn Yoshimi

FNTP, RWS-3

Jenn Yoshimi is a Nutritional Therapy Practitioner, Restorative Wellness Practitioner L3, massage therapist, capoeira, budding herbalist, and yoga instructor. My focus has always been all things health and wellness. Jenn works with women in the beginning perimenopausal years to ensure they are set up for a healthy pre and post menopause. She believes in using proper nutrition to restore and replenish crucial vitamins and minerals, as well as functional lab testing. Her dream is to help you live your best life and arrive at menopause with a full gas tank, and have a great experience instead of the mainstream idea of a dreadful one. Jenn has a commitment to leading with her heart, and inspires her clients to do the same. She is a mother of three and has faced several health challenges including severe rosacea and debilitating asthma. Jenn understands the importance of prioritizing one's own health. Within the last three years, she has adopted a "my health first" approach, and it is her mission to empower you to know your body, optimize your health, and address digestive and hormonal issues.



HOW HIGHH WORKS

Healthy Gut, Happy Hormones

Investing financially in your health can yield lifelong benefits, far outweighing the initial costs. Prioritizing quality healthcare, nutrition, fitness, and preventative measures helps prevent chronic diseases, reduces medical expenses over time, and enhances your quality of life. A healthier body and mind can boost your productivity, energy, and overall well-being, enabling you to enjoy more meaningful experiences with loved ones. By investing in your health now, you're building a foundation for a longer, more vibrant, and fulfilling life.



WHO THIS IS FOR:

- **Highly motivated and committed** in playing an active role in their health.
- **Want to reach their optimal level of health**, so they can feel their best, increase energy and productivity, and have confidence in their body.
- **Use functional medicine lab testing** for identifying underlying causes, rather than just suppressing symptoms with medication.
- **Are willing to make the necessary dietary and lifestyle changes** to support health and well-being.
- **Trusts the process** and are willing to give their body the grace to heal at its own pace



WHO IT'S **NOT** FOR:

- **Not willing to play an active role** in their own healing and health and make the necessary changes to their nutrition, habits, and use of supplementation
- **Victim mentality** and expecting our team to heal them. We play an active role in the healing process, but ultimately each client is healing themselves and we are there as a support role.
- **Looking for quick fixes** and to be healed in an exact amount of time. We can't force or rush healing as that is often what created this problem in the first place.

WHAT TO EXPECT



the focus:

Addressing existing health issues or imbalances

the goal:

Restore normal function & alleviate symptoms

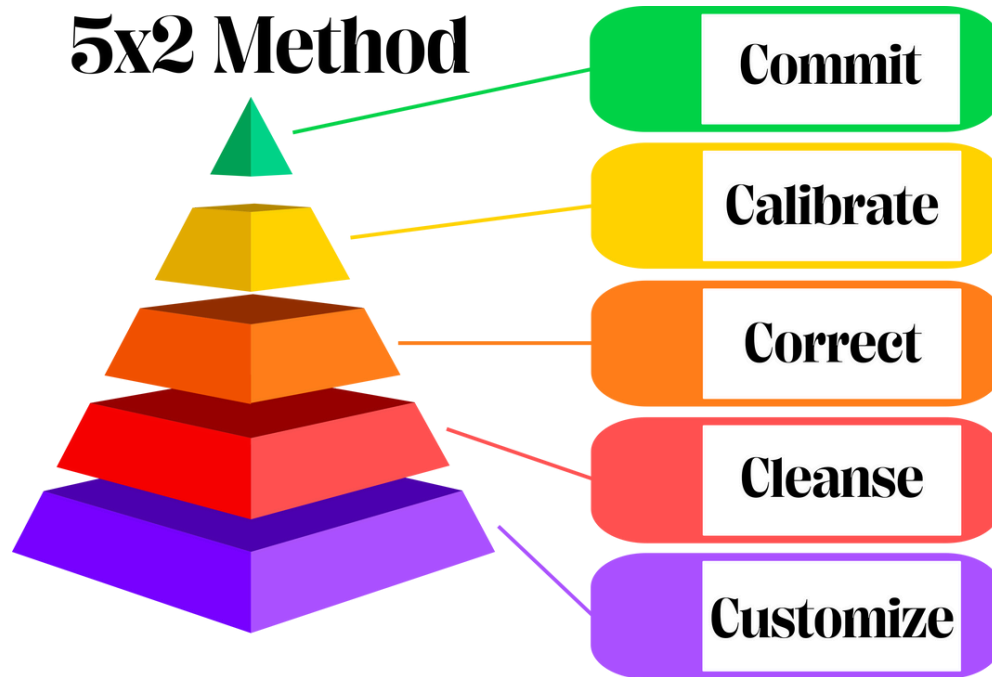
lab testing:

Identifies dysfunctions, deficiencies, or imbalances

approach:

Targeted interventions to resolve specific problems

WHAT TO EXPECT



customize:

We craft a plan based on your body's unique signals, so you're set up for real success.

cleanse:

Open your body's pathways to flush out toxins and reduce the burden on your system.

correct:

Cultivate a strong, healthy microbiome so you can digest, absorb, and feel your best.

calibrate:

We figure out which hormones are out of whack so we can fix your energy, mood, and metabolism.

commit:

We lock in routines and mindset shifts to keep you strong, confident, and symptom-free long after the program ends.

LAB TESTING: WHAT IS IT?

COMPREHENSIVE BLOOD CHEMISTRY

Screens for cardiac health, inflammation, metabolic health and insulin resistance, adrenal health, hormonal balance, nutrient deficiencies, digestive function, liver health, and thyroid imbalances.

GI-MAP (GASTROINTESTINAL MICROBIAL ASSAY PLUS)

The GI MAP is a comprehensive stool test that evaluates the health of the gut microbiome. It identifies bacterial imbalances, pathogens, parasites, and markers of gut inflammation, helping practitioners address digestive issues, immune function, and overall health.

DUTCH (DRIED URINE TEST FOR COMPREHENSIVE HORMONES)

The DUTCH hormone panel measures hormones and their metabolites to assess adrenal, sex hormone, and sleep-related health. It provides a detailed look at hormone balance and metabolism, helping to identify issues like fatigue, stress, or hormonal imbalances.

TOXICITY

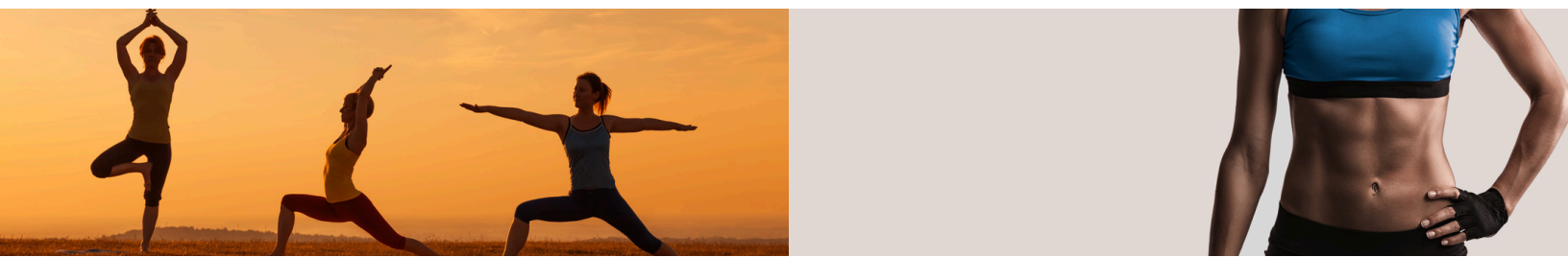
Evaluates the presence of environmental toxins, such as heavy metals, mold toxins, pesticides, and other harmful chemicals in the body. It helps identify potential toxic exposures contributing to chronic health issues and guides detoxification and lifestyle strategies for reducing toxic load.

GENETICS

Genetic testing analyzes your DNA to identify genetic variations that may influence your health, predispositions to certain conditions, and how your body processes nutrients and medications. This information can guide personalized health and wellness strategies.

POST HGHH PROGRAM

Upon completion of the 6-month HGHH program, many clients are so excited about their results that they desire to continue to work with us longer, with a focus on optimization. We have a couple options on what this looks like and your practitioner and you will decide which is a best fit for your case.



the focus:

Enhancing overall health and performance beyond baseline

the goal:

Achieve optimal functioning and prevent future issues

lab testing:

Current state and identifies areas for improvement

approach:

Fine-tuning various systems for peak performance

THE PODCAST



The Health Revival Show

Liz Roman & Becca Chilczenkowski

★ 4.9 (323) · ALTERNATIVE HEALTH · UPDATED DAILY · 📺

Hey there, it's Liz and Becca here, ready to flip the script on your health! Are you tired of feeling bloated, sluggish, and out of balance? We've got you covered. Every week, we're dishing out the real deal on gut health and hormone balance. No fluff, just straight talk and real solutions. We'll bring you cutting-edge tips, expert interviews, and stories from folks who've turned their health around. It's time to kick those health issues to the curb and live your best life.

With over 800 episodes, here are a few we recommend to start! (Just click the logo of your listening platform next to each episode)

The Everything You Need to Know About Cholesterol  

Leaky Gut 101  

How to Solve Bloating  

Understanding Auto-Immunity and Chronic Fatigue  

How to Truly Fix Your Hormones  

Understanding Functional Testing  

Genetics Testing  

How to Take Ownership of Your Health  

The Hard Part of Healing Journeys  

FAQ

How often will I meet with my coach and what happens during these consultations?

In our HGHH Program, you will meet with your practitioner a total of 8 times over the course of 6 months. This averages about every 3 weeks, and during these calls we review labs as necessary, educate you on what the findings are, and update your plan by making the appropriate adjustments (diet, supplements, lifestyle, and fitness) based on your bioindividual progress, and provide your phase protocol.

Is this program suitable for everyone or are there specific criteria for participants?

The program is designed for people who are:

- Highly motivated and committed to playing an active role in their health
- Willing to make necessary dietary and lifestyle changes
- Open to functional medicine lab testing
- Trusting in the process and patience with their body's healing
- It's not suitable for those seeking quick fixes or unwilling to make lifestyle changes.

What kind of results can I expect from following this program?

While results can vary, the program aims to help you reach your optimal level of health, increase energy and productivity, and gain confidence in your body. Many clients respond well within the 6-month program, though some may need more time.

Can my spouse or partner be involved in the process?

Yes, the guide encourages you to discuss the contents and your personal goals with your spouse or significant other. You're also invited to have them join you on the initial call.

What happens after the initial 6-month program is completed?

Upon completion of the 6-month program, there's an option for continued support with a year-long "reveal" program. This allows for ongoing guidance and support in maintaining and further improving your health.

FAQ

Do you offer payment plans or financing?

Yes, we do have a monthly payment plan for our programs as long as everything is paid in full by the last month. If that's not an option, we have partnered with Advance Care Card which can provide up to 15 months 0% APR. - [Apply here!!](#)

Why are Functional Medicine practices and testing not covered by insurance?

Conventional insurance-based medicine is built around the concept of labeling you with a reimbursable diagnostic code (diagnosis) and then finding the medications or a procedure to match. A functional medicine model of care works to address the root cause of imbalances/disease (DIS-EASE), considering the connection of all the various body systems as well as the mind, lifestyle, and diet. The core of functional medicine is finding the ~~what~~ and the why, therefore simply operating in a diagnosis-to-medication model doesn't fit with insurance-based practices.

In addition, if your doctor is spending enough time with you (both in-person and afterward researching your unique case) to get to the root of your issue, using advanced testing that takes more time and knowledge to interpret, and then personalizing your treatment plan to include natural therapies and a customized diet plan, then it's not covered by insurance. This can be a good thing because this offers advanced testing and personalized care, 1-1 relationships with our coaches and clients, and more accountability through coaching.

Yes, functional lab testing is an investment, but not an expense. Working to transform your lifestyle and health will continue to reward you over your lifetime and give you back more time and energy (and often money) in the long run.

Are supplements included in the program?

Supplements will be additional costs. The supplement protocols that we create for you will be based on your unique goals, imbalances, and root cause(s) from your lab testing, ~~there~~ is no way for us to know what and how much will be needed beforehand. Many of our clients also continue with some core maintenance supplements long-after they stop working with us.

What payment methods do you accept?

We accept HSA/FSA, debit, and all major credit cards.