



How it works

Our graduate-level nutritionists make nutrition easy and create customized plans that fit within your lifestyle and needs.

In creating a plan, we'll consider your:

- Biology (personal and family health history)
- Medications (to analyze drug/nutrient interactions)
- Labs (blood, microbiome/stool, hormone, and genetics)
- Food beliefs and behaviors
- Capacity for making change

Together, we'll discover your unique nutrition fingerprint to create a plan that may include:

- Food and supplements
- Eating behavior
- Movement (exercise)
- Stress resilience
- Sleep

Finally, we work with you to make change happen by trusting your body, and walking with you every step of the way.



Packages for Illuminate

Our licensed nutritionists can support your body in feeling better, fast. We can work with your therapist at Illuminate to specifically target mental or physical health symptoms using nutrition. Packages do not include the initial appointment.

- **Initial Evaluation - \$200**
 - One 55-minute appointment where we will listen to your story, understand your goals, review your labs (or work to get new ones if needed), and work with you to determine next steps.

- **Empower Package - \$1,600 or \$400/month for 4 months (save \$370)**
 - Six 55-minute follow ups
 - Twelve 25-minute follow ups
 - Targeted treatment bonuses*

*Treatment bonuses include (choose one):

 - Heartmath Initial Appointment - biofeedback training that is great for stress, anxiety, and depression. Heartmath tool is not included and will involve an additional purchase.
 - Safe and Sound Protocol Initial Appointment - a sound-based 5-day protocol to support anxiety, trauma, social anxiety, and GI conditions. Headphone purchase not included.
 - Meal Tracking - daily/weekly meal tracking via our app. Frequently used to support eating behavior and food interventions.

- **Thrive Package - \$1,350 or \$270/month for 5 months**
 - Ten 55-minute follow ups
 - Save \$200 with this package



Match with the professional that is right for you . . .

Tessa O'Toole MS CNS LDN; Kids, Teens, and Adults

- Specializing in mental health nutrition (anxiety, depression, eating disorders) as well as gastrointestinal and thyroid disorders.

Amber Pawula-Marcin MS CNS LDN; Kids, Teens, and Adults

- Specializing in pregnancy and breastfeeding support, ADHD, pre-diabetes and diabetes, and gastrointestinal conditions.

Ashley Comparin MS CNS LDN; Kids, Teens, and Adults

- Specializing in high cholesterol, high blood pressure, pre-diabetes and diabetes, gastrointestinal conditions and hormone conditions

Amy Smith MS CNS LDN: Kids, Teens, Adults, and Seniors

- Specializing in mental health conditions (anxiety, depression, OCD, ADHD, alcohol and substance use disorders, eating disorders) as well as gastrointestinal conditions



Stephanie Thompson MS; Adults

- Specializing in high-stress, high-performance nutrition, thyroid and reproductive hormone conditions

Nirvana Abou-Gabal MS; Adults

- Specializing in prenatal, pregnancy and postpartum support, as well as women's hormones and anxiety/depression

Meg Bowman MS CNS LDN; Kids, Teens

- Specializing in mental health nutrition (anxiety, depression, ADHD, OCD, eating disorders) as well as gastrointestinal disorders, severe food allergies and eosinophilic esophagitis

Alyson Roux MS CNS LDN: Teens (17+), Adults

- Specializing in food behavior (eating disorders) and body image challenges, as well as gastrointestinal disorders

Liz Abel, MS CNS LDN: Adults (women only)

- Specializing in reproductive and thyroid hormone conditions such as PCOS, perimenopause, hypothyroid and Hashimoto's