



## Our Approach to Wellness

### The Method ●

#### Foundational Nutrition

This program is ideal for you if you want to

- Learn tips for healthy eating
- Increase Physical Activity
- Improve sleep
- Implement Lifestyle changes: quit smoking; manage alcohol intake; sugar and /or food addiction
- Address Stress Management
- Improve overall Well Being, Happiness
- Lose weight
- Improve Energy & Motivation
- Improve Digestion (gas, bloating, constipation, diarrhea, IBS/IBD, Crohn's, food sensitivity / allergy)
- Eliminate or significantly reduce prescription medications
- Lessen or resolve physical aches and pains
- Improve the aging process



### The Intensive ●

#### Targeted Therapeutic Nutrition

This program is ideal for you if you want to improve or resolve :

- A chronic condition/s: High Blood Pressure, High Cholesterol, Heart Disease, Kidney Disease, Diabetes and other metabolic disorders; Cancer
- Autoimmune condition/s: lupus, psoriatic arthritis, rheumatoid arthritis, Thyroid diseases: Hashimoto's /Grave's Disease, Crohn's, Sjogren's syndrome etc.
- Hormone related issues: PCOS, Fibroid, Endometriosis, PMS, PMDD, Fertility, Male / Female hormone imbalances
- Weight management issues, Disease related Muscle Weakness, Bone and Joint Disorders, Stress and Anxiety



# UtopiaWellCare

## The Method

Addressing Health in 6 Sessions: Nutrition, Sleep, Exercise, Stress, Supplements, Med/Lab Review and Healthy Lifestyle Management.

The Utopia Wellcare Method is a 6 session program that gives you and your practitioner the “**Big Picture**” so you can take the necessary steps to build back your health.

### Nutrition

Here we'll work together to evaluate the role that food plays in your life. We address: food preferences, intolerances and allergies; daily food intake; personal diet history; personal and family food-related health conditions; food relationships; food cravings and quality as well as review any lab work or notes from your provider. We design a nutrition plan to meet your needs and your goals.



### Exercise

Being consistently active helps you to live longer, have a better quality of life, improve your mental health, and improve your self-image. Take charge of your mental and physical health in only a few minutes a day. You can make big improvements to your health and energy levels by making small and deliberate healthy lifestyle choices that involve moving more every day.

The Utopia WellCare Method allows our practitioners to understand patient perspectives and the primary obstacles encountered. Together, we problem solve so that starting a new routine to be more active is less daunting. We help craft meal plans and develop nutrient goals to support an active life!

### Lifestyle & Happiness

Our Functional Nutrition Services based in Functional Medicine will help you find the right way of optimizing your health through Lifestyle Management. Whether you are looking to identify the cause of your chronic illness, or just a few tips on cultivating happiness.

Why Cultivating Happiness is Vital:

- Improves quality of life.
- Is key to having meaningful relationships with other people
- Supports the "bounce back" and recovery time from illness and emotional ups and down
- Results in better vitality and Joy
- Improves longevity
- Makes for better citizens

### Sleep

Getting a few less hours of sleep for even a few nights in a row can have the same effect as staying awake for 24 hours straight. Over time, chronic sleep debt can contribute to fatigue, increased stress levels, reduced attention span, and declined cognitive performance.

The Utopia WellCare Method addresses where your sleep fragmentation is. Some people have difficulty getting to sleep. Others have difficulty staying asleep and still others may have circadian disturbances that need support. We help you craft a lifestyle plan and replenish key nutrients needed for more restful and restorative sleep.

### Stress

Stress is often defined as a bodily response to the demands of life. Consistently high levels of stress can cause people to develop conditions such as hypertension, stroke, diabetes, chronic pain, and heart attacks.

The Utopia Method helps you develop a plan to restore your body's ability to remain resilient even in the face of stress be it emotional, mental or physical. Along with foundational meal planning for stress, we help you learn about and craft restorative techniques and activities to keep you at your best.

### Supplements

Dietary supplements have become a prominent part of American popular health culture. Our Practitioners can provide researched back supplement recommendations that are safe and effective and can explain how they should be used in different conditions. With aging and in some disease processes, supplementation is critical. They are particularly important for patients who are deficient in key nutrients due to chronic disease, genetics, stress and nutrition. For many, supplements are essential for getting to restorative health.

FOR MORE DETAILS, VISIT  
[www.UtopiaWellCare.com](http://www.UtopiaWellCare.com)

# UtopiaWellCare



## The Intensive

Incorporates the Method plus so much more!  
 The Intensive is ideal for Patients Identified with significant Chronic Disease Patterns or Risk.  
 But, The Intensive can also be used for someone looking to really optimize their health.

The Utopia WellCare Intensive utilizes our 6 Session **Matrix Care Model** and encourages Functional Lab Testing and an even deeper dive into patient history and symptoms for a more targeted approach to resolving illness

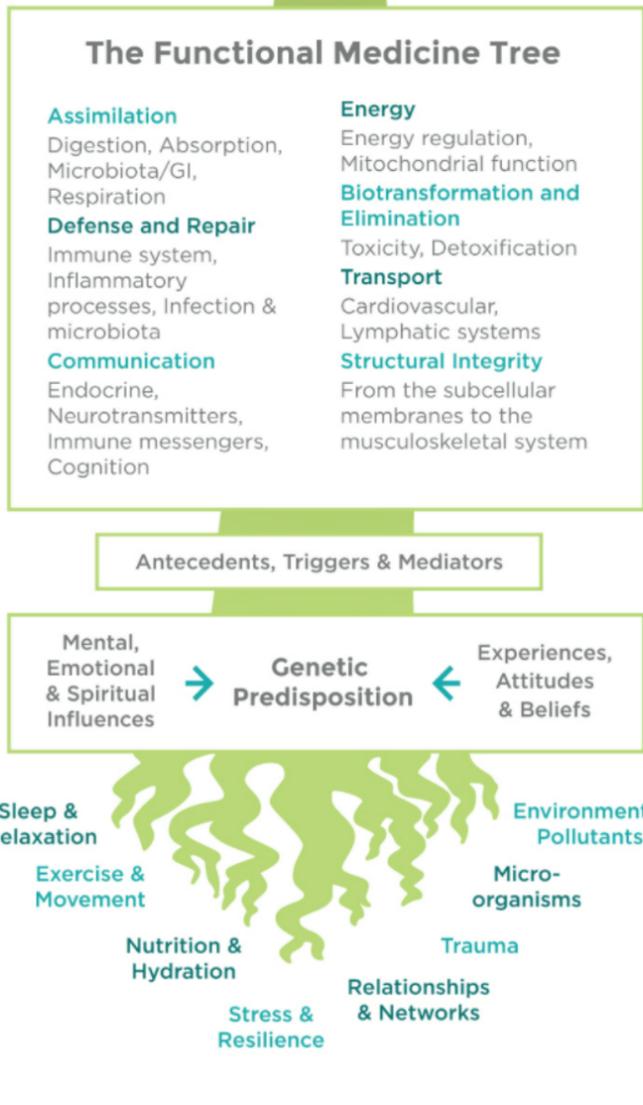
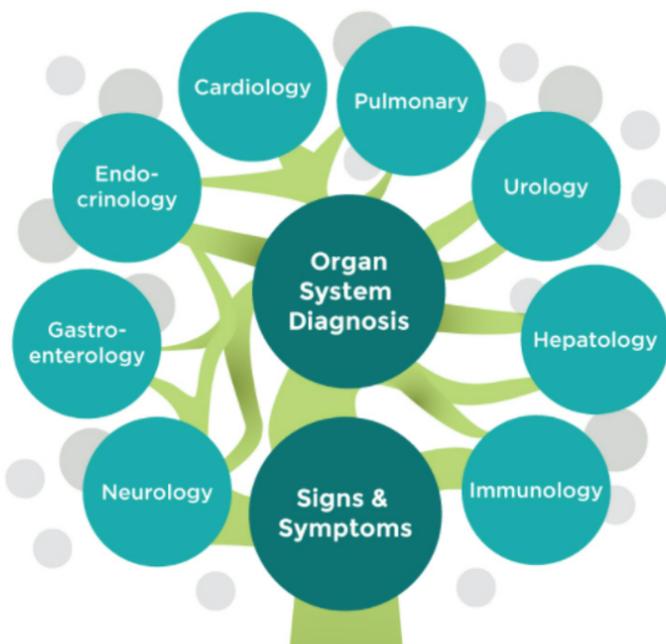
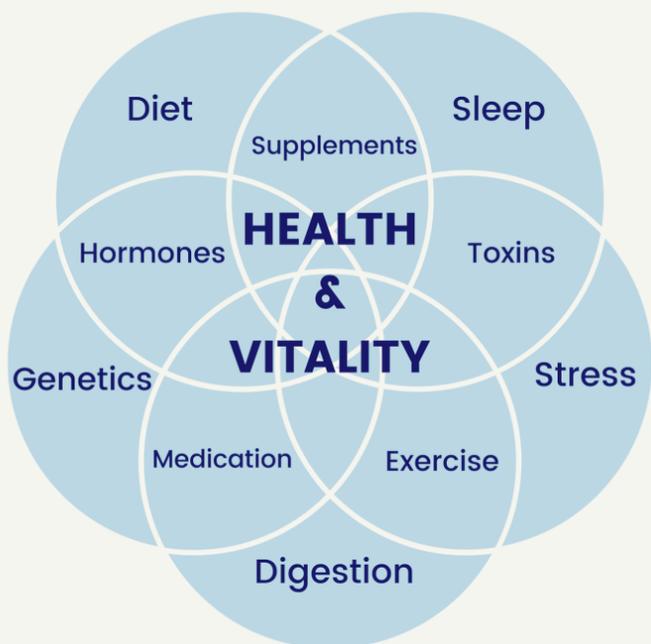
### The Nutrition Process

**Utopia WellCare's** Functional Nutrition Matrix Care Model is a highly personalized plan that uses Whole Foods and Botanical / Phytonutrient Supplements to support health and wellness.

**Your unique physiology** drives our process and is determined from clinical signs and symptoms and if requested, biochemical labs and data. This allows us to develop a personalized nutrition plan that is realistic for your lifestyle. Our goal is to reduce unwanted indicators of disease and symptoms by **restoring balance** to the body.

**A whole food diet** rich in fruits, vegetables and minimal processed food is our starting foundation.

**Utopia WellCare's Intensive 6 Session Process** honors the fact that food is not only **energy** for your body, but also an extremely useful tool to help us address the underlying cause of your condition.



### 6 Session Intensive Addresses

- Nutrition
- Sleep
- Exercise
- Stress
- Lifestyle & Happiness
- Supplements

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# The Utopia WellCare Approach

## The Utopia WellCare's Method & Intensive

programs were created to help patients restore their bodies to their natural state and regain control of their lives.

The Program begins with your **Discover Session**

where your goals and any concerns are discussed with your Dietitian. You can expect your conversation with your Dietitian to be open and warm, as he or she gathers as much health information concerning your goals as possible. At the conclusion of your Discover Session your **Initial Comprehensive Assessment Consultation** will be made.

Here we will dive deep into your personal health history and analyze blood chemistry data and other applicable labs from a functional point of view. From there, we will design your

### **Personalized Health Plan**

to restore your body to its natural state, by including the proper foods, vitamin & mineral supplementation, physical activities and healthy lifestyle support to achieve a sustainable lifetime of health and wellness.

Depending on your current state, lifestyle goals, impending health concerns and motivation

**your program can exceed 6 sessions** or you can

participate in our Utopia WellCare Intensive Program with no extra cost to you.

Remember, this is just the start. This program is about **setting you up for a lifetime of success!**

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