



SPECIALTY PACKAGES

For all other Nutritional Consultations/Services,
see our Menu of Services

Packages are not covered by insurance benefits.

Effective April 1, 2025
© 2025 Ross Nutrition PLLC

Pre-and Post-Surgery Nutrition Care Package

Preparing for a hysterectomy and/or oophorectomy can be scary and emotional. This specialty package was created by Dr. Ross based on her own experience on this surgical journey. Allow her to help your body prepare for your upcoming hysterectomy and/or oophorectomy and to support your healing for 6 weeks following your surgery.

The package includes:



\$975

Initial Consultation and Personalized Nutrition Plan

- Approximately 8-12 weeks before surgery, when possible.

Pre-Surgery Nutrition Care

- One (1) 30-minute pre-surgery consultation (approx. 6 weeks before surgery)
- One (1) 60-minute pre-surgery consultation (approx. 2 weeks before surgery)

Post-Surgery Nutrition Care: Weekly consults for 6 weeks

- Week 1: One (1) 60-minute post-surgery consultation
- Weeks 2-5: Four (4) 45-minute post-surgery consultations
- Week 6: One (1) 60-minute post-surgery consultation

Discount on supplements

- 20% discount on all professional-grade supplements

*Supplement discount applies to those ordered from the Ross Nutrition Fullscript and Metagenics platforms.

This package is not eligible for health insurance coverage.

Pre-and Post-Surgery Nutrition Care



This package is focused on pre- and post-hysterectomy and/or oophorectomy (removal of the uterus and/or ovaries) nutrition care.

Leading up to surgery

The goal is to optimize your health, particularly your immune system and hormones, to help your body be as strong as possible before heading into surgery.

Dr. Ross will also provide you with helpful tips to help you and your caretaker(s) prepare for your recovery.

After surgery

Healing takes time and requires a lot of nutrients and rest! Dr. Ross will provide you with personalized nutrition care* to:

- support your immune system
- restore gut health that can be disrupted by surgery, medication, and antibiotics
- manage inflammation to accelerate the healing process
- support hormonal changes that will occur
- address any emotions, such as anxiety, depression, or sleep disturbances that may arise

*Personalized nutrition care recommendations will include dietary and supplement suggestions.

*Don't rush the process.
Allow your body time to heal.*



Mood Before Food™ 3-Month Program

If you experience symptoms of depression, anxiety, or sleep disturbances or have been medically diagnosed with one of these conditions, it can feel almost impossible to dial into making dietary or lifestyle changes.

Therefore, addressing
Mood Before Food™
may be an ideal option for
you.



\$875

As the name implies, we will begin focusing only on mood regulation by utilizing amino acid nutrients. (See the next page for more information.)

This plan is highly personalized to your specific amino acid nutrient needs. Dr. Ross will complete a comprehensive assessment during your initial consultation to determine your optimal amino acid therapy.

Since amino acids are rather fast-acting and the dosing can vary greatly, you will meet with Dr. Ross up to four times in your first month of the program so adjustments can be made in the dosing of these supplements to ensure optimal support and mood regulation.

After 4 weeks of amino acid therapy, you will meet with one of our team nutritionists to begin the nutrition and lifestyle portion of this program.

What Is Amino Acid Therapy?

Amino acid nutrient therapy utilizes supplemental therapeutic doses of pure amino acids to help restore an individual's proper neurotransmitter function. It also implements the use of neurotransmitters co-factors, including various vitamins and minerals, such as B vitamins.

The neurotransmitters in the brain are synthesized from amino acids, traditionally consumed from protein in the diet. Neurotransmitters include:

- Catecholamines (dopamine, epinephrine, and norepinephrine) and the catecholamine precursor, L-tyrosine
- GABA and GABA precursors, L-Theanine and glutamate
- Serotonin and serotonin precursors, 5-HTP and L-tryptophan

An imbalance in one or more of the neurotransmitters can be the root cause of depression, anxiety, sleep disturbances, and an abundance of other neurological concerns. Symptoms of an imbalance can include but are not limited to:

- Depression
- Anxiety
- Mood swings
- Panic attacks
- Obsessive and/or compulsive behaviors
- Difficulty completing tasks
- Lack of motivation
- Poor concentration
- Poor memory or learning
- Addictive behaviors (smoking, alcohol, food)
- Migraines
- Irritability
- Tension
- Craving for sweets or alcohol
- Trouble falling or staying asleep



Mood Before Food™ 3-Month Program

This package includes **Mood Before Food™**-Focused Consultations.

Amino Acid Nutrient Therapy Focused (Mood) Consultations w/ Dr. Ross

- One (1) 60-minute Initial Amino Acid Nutrient Therapy Consultation
- Up to* four (4) 15-minute amino acid nutrient therapy dosing consultations in month one of the program.
- Four (4) 15-minute amino acid nutrient therapy-focused follow-up consultations in months 2 and 3 of the program.
- One (1) 30-minute amino acid nutrient follow-up consultation at the end of the program.
- One (1) 30-minute amino acid nutrient follow-up consultation 16-20 weeks after beginning the program^.

Nutrition Focused (Food) Consultations w/ Team Nutritionist**

- One (1) 45-minute nutrition-focused consultation with a Team Nutritionist, 4 weeks into the program.
- Four (4) 30-minute nutrition-focused follow-up consultations that are conducted throughout the remainder of the 3-month program

*In Month 1 of the program, up to 4 dosing consultations may be required. Individual needs will vary. This time ensures your optimal dose is established.

^Amino Acid Nutrient Therapy Is not intended for long-term use. You will begin weaning off most, if not all, of these supplements approximately 12-16 weeks after your ideal dose is established and implemented.

** Nutrition-Focused Consultations may also include lifestyle recommendations (exercise, stress management, etc.) as needed.

Please Note: Supplements are not included in the program pricing and are always personalized for your needs. A **20% supplement discount** is included in this program. This package is not eligible for health insurance coverage.



NEXT STEPS

Visit www.rossnt.com to



Review FAQs

Our [FAQs](#) are designed to provide you with more information about what to expect from working with our team so there are no surprises!



Book your Appointment

Select the [Speciality Program](#) you desire to get started on your health journey!