



SERVICES

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Getting STARTED



Your nutrition and lifestyle plan should be as unique as you are. Our team utilizes multiple dietary approaches to help you improve your nutrition while also addressing your unique nutritional needs.

A personalized nutrition and lifestyle plan will be created for you based on your health history, current health conditions, symptoms, and overall health goals.

Your plan will include:

- Your health and nutrition goals.
- A specific, personalized food plan and support materials such as food lists, recipes, and/or other educational material.
- Online journaling of food and lifestyle activities.
- Supplement recommendations, as needed, to restore nutritional deficiencies or insufficiencies or to address nutrients that may be needed to promote restoration or balance. (Supplements are not included in the cost of the consultation or packages.)
- Recommendations for sleep, stress management, and/or exercise, depending on your goals.
- Referrals to other healthcare providers to help you reach your goals, if appropriate.
- Suggestions for additional lab testing to further identify nutritional needs if appropriate. (Please note that labs are only utilized to help guide nutritional care. Diagnostic testing must be ordered by a medical doctor.)

Ongoing support is available through follow-up consultations and packages.

*There simply isn't a "one-size-fits-all"
nutrition plan.*



THIS IS THE STARTING POINT FOR ALL NEW CLIENTS.*

The initial consultation consists
of two appointments:

The first appointment is the **Discovery Session** and will require about 60 minutes. This time will provide your nutritionist with a clear picture of your goals and health history so a personalized plan can be created for you.

The second appointment is the **Personalized Plan Review Session** and will require up to 60 minutes. This session will provide you with in-depth details about your personalized plan and the tools to help you succeed. This session is held approximately 1 week following the Discovery Session.

Optional: Add Nutritional Genomics testing for enhanced personalization to your dietary and lifestyle recommendations. This service can be added on at any time once you are a client.

*Exception: The initial consultation will not be the starting point if you are embarking on the “Mood Before Food” Program. See the program description for more details.

INITIAL
CONSULTATION

FOLLOW-UP CONSULTATIONS

This time allows our team to celebrate the successes you experienced implementing your personalized nutrition plan while also supporting you with any challenges you may have encountered along the way. We can make modifications to your plan as needed. Follow-up consultations are also a great time to monitor the progress you have made toward your health goals!

30-MINUTE FOLLOW-UP

This is ideal for regular ongoing follow-ups and is included in many of the packages we offer.

60-MINUTE FOLLOW-UP

This is ideal when there are more things to talk about at your follow-up session, such as a new medical diagnosis, changes in medications, recent hospitalization or illness, or you simply want more time with your nutritionist.

SIX (6) PRE-PAID FOLLOW-UPS

This is ideal for those who have been long-term clients and wish to maintain regular follow-ups at a discounted price.

Package includes:

- Six (6) 30-minute follow-up consultations

The package must be used within 12 months from the time of purchase.



NUTRITION PACKAGES



All packages include weekly emails, access to an online food and mood journal, and our Recipe Booklet containing 25 easy-to-make recipes.



1 Month Transformation

This plan is ideal for those who need a little support and guidance to get started on a healthy lifestyle.

Package includes:

- Initial Consultation
- Three (3) 30-minute follow-up consultations
- 10% discount on all professional-grade supplements*



3 Month Transformation

This plan is ideal for those who need moderate support and guidance as they embark on their new lifestyle.

Package includes:

- Initial Consultation
- Six (6) 30-minute follow-up consultations
- 15% discount on all professional-grade supplements*



6 Month Transformation

This plan is ideal for those who want the maximum support and guidance on their health journey.

Package includes:

- Initial Consultation
- Twelve (12) 30-minute follow-up consultations
- 20% discount on all professional-grade supplements*

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

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:

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 Team Fullscript and Metagenics platforms.

Nutrition Care For Surgery



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.

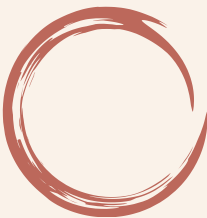
Dr. Ross will also provide you with helpful tips to help you and your caretaker(s) prepare for your recovery.

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” Program

If you experience symptoms of depression, anxiety, or sleep disturbances or have been medically diagnosed with one of these conditions, it can be almost impossible to dial into making dietary or lifestyle changes. Therefore, addressing “Mood Before Food” may be an ideal option for you.



This 3 Month Package includes:

- 30-minute initial amino acid nutrient therapy consultation
- Up to 60-minute amino acid trialing consultation to determine what amino acids will be provided to you for the best support.
 - An amino acid nutrient trialing kit will be mailed for this appointment
- Up to six (6) 15-minute amino acid nutrient therapy follow-up consultations (In month 1 of the program)
- Four (4) 15-minute amino acid nutrient therapy-focused follow-up consultations (In months 2-3 of the program)
- 60-minute nutrition-focused consultation* (In month 2 of the program)
- Four (4) 30-minute follow-up nutrition-focused consultations* (In months 2-3 of the program)
- Personalized amino acid therapy, nutritional, and lifestyle recommendations throughout the program to help you achieve your mental health goals.

* Nutritional-focused consultations may be conducted by Dr. Kim Ross or one of her highly qualified team members.

Supplements are not included in the program and are always personalized for your needs.

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

Amino Acid Trialing



Amino acid trialing allows for the precise determination of the amino acids you require, as well as a starting dose that will best support your needs.

A kit containing samples of multiple amino acid supplements will be sent to you in preparation for the trialing consultation.

Please do not open or take any of the supplements until directed during this consultation.

“A trial of amino acids is customarily conducted after the questionnaires and intake forms are completed. The practitioner guides the patient through a series of amino acid trials by opening a capsule of the amino acid, placing the content under the tongue for oral absorption and monitoring the response, should one occur. The amino acid trialing process captures an individual response to an amino acid and is used to determine the dose that is needed to provide therapeutic benefit.” [1]

1. Ross K, VanNortwick M, Dragone D. Innovative therapies for mood disorders: A case report. *Explore (NY)*. 2021;17(3):208-212. doi:10.1016/j.explore.2020.03.011



Additional Services

NUTRITIONAL GENOMIC TESTING

Offered by the companies

Nutrigenomix and 3x4 Genetics

Sample Reports can be downloaded on our website

www.rossnt.com/transforming

NUTRITION-FOCUSED LABORATORY TESTING*

SELECT HORMONE LAB PANELS*

BIOFEEDBACK THERAPY USING THE REVOLUTIONARY IMAET DEVICE

*Testing options vary based on your state of residence.

PRICING

Effective November 1, 2023, prices subject to change



| Individual Consultations | Regular* | With Dr. Ross |
|--------------------------------------|-----------------|----------------------|
| Initial Consultation | \$285 | \$375 |
| 30-Minute Follow-Up | \$40 | \$55 |
| 60-Minute Follow-Up | \$80 | \$110 |
| Additional Time (per 15 minutes) | \$20 | \$28 |
| Nutrition Packages | | |
| 1 Month Transformation | \$395 | \$530 |
| 3 Month Transformation | \$510 | \$690 |
| 6 Month Transformation | \$735 | \$995 |
| Six (6) Pre-Paid Follow-Ups | \$225 | \$315 |
| Speciality Packages | | |
| Pre-and Post- Surgery Nutrition Care | N/A | \$1,055 [^] |
| "Mood Before Food" Program | N/A | \$920 |
| Add-On Services | | |
| Nutrigenomix Test | \$350 | \$350 |
| 3X4 Genetic Test | \$299 | \$299 |
| Lab Testing | \$Varies | \$Varies |
| IMAET Biofeedback | N/A | \$75/session |

***Save 10%** on Individual Consultations and Packages by working with a CNS Candidate who is under the clinical supervision of Dr. Ross.

[^] Discounted pricing is available for existing clients who are actively working with any of our team members as this package includes the initial consultation.

10% discount does not apply to Add-On Services

NEXT STEPS



Visit www.rossnt.com to:



Review FAQs

This will provide you with more information about what to expect from working with our team.



Schedule Discovery Call

This free 15-minute phone call will give us a few moments of time together to help you determine if we are the right health partner for you.