

Medical Nutrition Therapy

6-Month Package

The proof is in the blood work.

With 6 months of nutrition therapy, your body has the power to heal itself.

6-months of custom nutrition counseling

Recommendations based on health goals, medical history, and specialty lab work

3 custom meal plans along with recipes

Access to smartphone app to monitor progress

Free metabolic panel



Add Ons:

Micronutrient Test

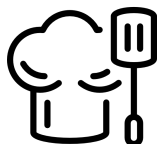
Food Sensitivities

Cardiometabolic panel

IV Therapy and Chelation

Acupuncture

Detoxification



About the Plan



At Grapevine Functional Medicine, we treat **YOU**, not your symptoms.

Our mission is to identify the underlying cause of disease as opposed to the traditional approach of treating the symptoms.

Nutrition is our medicine.

We use each patient's biochemical data and unique medical history to formulate a custom nutrition approach.

Our nutrition plan is designed to help improve your blood work over the course of 6 months. Each 2 week follow-up will consist of either a custom meal plan with recipes, nutrition education, or a progress check.

Educational topics include but aren't limited to:

cooking education, meal planning, eating on a budget, weight management, detoxification, cravings, gut health, preventing disease, fitness, healthy eating for the family, herbs, oils, tinctures, supplements, healthy eating on the go, fitness, mindset, relationship with food, stress management, and managing your specific health condition.

At the end of your package, we include a FREE metabolic panel to identify clinical changes.

Contact us today at 817-527-7455 for more information.