

Typical Timeline (may change depending on client's needs)

#1 Videoconference Appointment (one hour): We talk about your food concerns



Complete Taming Your Food Sensitivity Fears & Start Living - workbook

2 weeks

#2 Videoconference Appointment (45 min): Discuss workbook insights and develop your action plan.

#3 Videoconference Appointment (45 min): Additional action plans, depending on client's needs (may include: strategies to cope with a restricted diet, meal planning, food reintroduction, etc.)



E-mail Check-in & Support

6 weeks

#4 Videoconference Appointment (45 min): Support & plan update.



E-mail Check-in & Support

3 months

#5 Videoconference Appointment (45 min): Support & plan update.



E-mail Check-in & Support

4 months

#6 Videoconference Appointment (45 min): Celebrate your success.