



# ***Nutrition & Hormone Therapy***

## **BodyFit: CFIT A-LA-CARTE SERVICES**

**Provider: Mia Lundin, N.P, R.N.**

**“You are overly exhausted but can’t sleep. You are forgetful and easily confused. You are overwhelmed, anxious, and emotionally bankrupt. Tackle the emotional symptoms and issues associated with hormone and brain-chemistry imbalances while receiving wisdom, advice and results.”**

*–Mia Lundin, Author of “Female Brain Gone Insane”*

**By assessing and treating the underlying causes of each woman's symptoms, individually tailored natural therapies can be created to improve the functions in the female body and restore health and vitality.**

### **Option #1: Introductory Intake Assessment (1 Hour)**

- Complete history intake including medical, hormonal, nutritional and social factors.
- Recommendation of nutrition, hormonal and other lab tests, if indicated.
- Education on wellness pertaining to cognitive function in relationship to stress, nutritional and hormonal status.
- Detailed wellness plan will be presented, unless more information is needed, such as lab tests and medical records.
- Performed at CFIT’s Clinic.

***Cost of Service ~ \$300.00***

### **Option #2: Intake Assessment with Exam**

- Complete history intake including medical, hormonal, nutritional and social.
- Recommendation of nutrition, hormonal and other lab tests, if indicated.
- Education on wellness pertaining to cognitive function in relationship to stress, nutritional and hormonal status.
- Detailed wellness plan will be presented unless more information is needed, such as lab tests and medical records.
- All of the above plus a complete physical exam for the best results and information.
- Performed at Ms. Lundin’s Clinic.

***Cost of Service ~ \$425.00***

### **30 Minute Follow Up to Review Test Results**

- Review of test results and response to recommended treatment & review of medical records.
- A detailed wellness plan will be presented, if not done on first visit.
- Performed at CFIT’s Clinic.

***Cost of Service ~ \$125.00***

**Please ask CFIT staff for additional information or to make an appointment today!  
All Packages Available to Non-CFIT Members! 805.899.7777 or Kendra@sbcfit.org**