



heal with<sup>✧✧</sup>  
summer

# 1:1 Packages & Pricing Guide

[healwithsummer.com](https://healwithsummer.com)





Hi there, I'm Summer! I'm a Functional Diagnostic Nutrition Practitioner (FDNP) with a passion for root cause healing. I utilize lab testing, extensive intake questionnaires, targeted nutrition and functional supplementation to target the underlying cause of my clients' health struggles. When you work with me, you can rest assured that you're getting the attention and commitment required to heal complex symptoms. Having been through my own chronic illness journey with Lyme, I approach my work with a level of sympathy and deep compassion that I believe is lacking in today's medical landscape. I work very closely with all of my clients to ensure they not only feel supported and confident, but also so they have all of the tools they need to navigate their health for a lifetime.

I currently offer 3 different client packages to suit a range of different health struggles and budgets. In each of my programs, we focus on metabolism-supportive nutrition, detox support, tools to create a balanced lifestyle, functional supplements, and most importantly, how to cultivate self-love and compassion during your healing journey. I can't wait to help you heal!

**Without further ado, let's get started on your healing journey!**



# #1: Beginner's Plan

1 bioenergetic scan, lab recording + consultation

## INCLUDED IN THIS PLAN:

- extensive 400 point intake questionnaire to assess past health history, toxic exposures, nutritional imbalances & other stressors
- 35 page healing e-book with recipe ideas, nutrition education, detox support & much more
- one partial bioresonance scan (includes toxin section, hormone imbalances, nutrient deficiencies + recommended supplements) with detailed lab screen recording overview
- 1x 30 minute lab review call with Summer
- 10+ page document with detailed results & recommendations based on your scan results
- 5 additional question credits via email
- full recommended supplement protocol & access to professional-grade supplements

## WHO IS THIS FOR?

- this is a great beginner's package for self-starters who would like to "dip their toe" into bioenergetic testing
- this plan is recommended for anyone with chronic symptoms looking for answers about their unique root causes. includes full supplement protocol recommendations and detox tools so you can begin working towards healing symptoms from the root. Summer provides in-depth 1:1 support & bioindividual protocols tailored to your unique symptoms

**investment:**

**\$695**

or 2 weekly payments of \$347

# #2: Help Me Heal Plan

12 weeks of continued support + 2 bioenergetic scans

## INCLUDED IN THIS PLAN:

- extensive 400 point intake questionnaire to assess past health history, toxic exposures, nutritional imbalances & other stressors
- 35 page e-book with recipe ideas, nutrition education, detox support & much more
- two bioresonance scans with detailed screen recording overview (**\$890 value**)
  - see more details on bioresonance [here](#)
- 10+ page document with detailed results & recommendations based on your first scan results
- bi-weekly 30 minute support calls with Summer (6 total)
- bi-weekly client check-in forms to assess progress & make necessary protocol changes
- 20 monthly question credits via private 1:1 chat portal
- access to professional-grade supplements
- food journal reviews as needed

## WHO IS THIS FOR?

- women seeking a longterm healing program with plenty of 1:1 support, detailed nutrition/supplement suggestions & answers regarding their unique root causes
- women struggling with issues like PCOS, IBS, acne, inability to gain/lose weight, nutrient deficiencies, chronic illness or autoimmune
  - we run 2 bioenergetic scans in this program. 1 to establish a foundational baseline and the 2nd to gage progress and make additional protocol adjustments.

**investment:**

**\$2,899**

or \$985 monthly x 3 months

*[save \$56 when paid in full - contact me  
about extended payment plans]*

# #3: Deep Healing Signature Plan

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6 months of continued support + 3 bioenergetic scans

## INCLUDED IN THIS PLAN:

- **Everything in the Help Me Heal Plan, PLUS:**
- 3 bioresonance scans included with detailed lab recording overviews (**\$1,190 value**)
- 10+ page document with detailed results & recommendations based on your scan results
- bi-weekly 30 minute check-in calls (12 total)
- bi-weekly client check-in forms to assess progress & make necessary protocol changes
- 20 monthly question credits via private 1:1 chat portal
- access to professional-grade supplements + exclusive discounts
- food journal reviews as needed

## WHO IS THIS FOR?

- women looking for longer term support during their healing journey with unlimited access to expert advice
- women who want to dig deep into nutrition, supplementation and labwork with 6 hours worth of calls plus 24 weeks of 1:1 chat support
- women with chronic health conditions seeking answers that other labs & practitioners have not been able to provide
- women seeking a comprehensive understanding of what may be causing their health symptoms & how to heal from the root cause

**investment:**

**\$4,950**

or \$875 monthly x 6 months

[save \$300 when paid in full - contact me  
about extended payment plans]



# see what past clients are saying!



**Cheryl S**  
**mama of 2 + yoga teacher**  
**Help Me Heal Program**

**main health struggles: chronic fatigue syndrome, anxiety, hormone imbalance, insomnia**

"I started working with Summer after I was told by a doctor that I had chronic fatigue syndrome. I had also been struggling with anxiety, hormonal imbalances and insomnia for years. After I filled out my intake questionnaire, Summer immediately pointed out that my symptoms could be due to a few different things like my mercury fillings or a past mold exposure at my parents' house. She was so kind, empathetic and extremely thorough. She created a document with a timeline that showed everything I've experienced healthwise leading up to my current symptoms, which helped me understand my health in a way I've never experienced before. After running a hair and saliva scan on me she found out I was in fact dealing with mold and a bacterial imbalance that was triggering my immune system and causing my fatigue and other symptoms. She put me on a supplement regimen to help my body detox and helped me work through some of my body's detox reactions. She taught me so much about nutrition and how to consume more minerals through animal products (I was a vegan for 3 years prior to working with her). Overall, I have seen such a dramatic improvement in my health after working with Summer. Not only that, I have learned so much, and I'm no longer struggling to find answers. Summer is kind, compassionate, and very reassuring. She's been through so much on her own health journey and has an incredible amount of knowledge in holistic health and nutrition. I cannot recommend her enough! Make the investment in your health to work with Summer. I can assure you you will not be disappointed!"





**Kelly S**  
**marketing assistant**  
**Deep Healing Signature Program**

**main health struggles: pcos, acne, binge eating**

"Let me start by saying, I truly believe Summer was a gift from God. I was so tired of suffering and being gaslighted by doctors before I met Summer. Summer was the first person to tell me that it is possible to heal from PCOS. She gave me so much support, more than I knew I even needed. She ran a bioenergetic test and found out I had high estrogen and a parasite that could be making my acne worse. Throughout our time together she helped me COMPLETELY overhaul my diet to boost my progesterone (I didn't even know what progesterone was until I started working with her!!) She also gave me herbal remedies to work on the parasite, and gave me TONS of tips for how to treat acne topically because she's been through the same thing. Within 2 months I saw HUGE progress in my PCOS symptoms. My binge eating also stopped because I know how to nourish my body properly without restriction now. All I can say is that Summer changed my life, and I selfishly don't want to recommend her because I want to keep working with her forever! Thank you Summer, for everything you've taught me!"





**Ali G**  
**college student**  
**Help Me Heal Program**

**main health struggles: IBS, anxiety, bloating,**  
**estrogen dominance**

"Working with Summer was the best decision I ever made. I've struggled with IBS, anxiety, painful bloating and estrogen dominance for years before I found her on Instagram. I started working with her in December 2021 and my life changed forever within 2 weeks. Summer ran a bioenergetic test on me and found out I had a mold exposure that I didn't know about, and a parasite that lives in the small intestine. She taught me so much, I have never learned so much in such a short period of time (and I'm currently in college, lol). She helped me detox from mold and work on the parasites with herbs that we found worked with my body well. After a few months of working together my anxiety is completely gone, I almost never get bloated, and my IBS symptoms are almost gone as well. I cannot recommend Summer enough, she changed my life and I know she will change so many other women's lives as well. Working with Summer without a doubt was the best investment I ever made!!"







**Brittany H**  
**travel enthusiast**  
**+ independent provider for DODD**  
**Help Me Heal Program**

**main health struggles: acne, fatigue, hair loss,**  
**digestive issues, hormonal imbalances**

"Before working with Summer, I had struggled with acne for years, and then more recently fatigue, hair loss, digestive issues, and hormonal imbalances. During my time working with Summer, she was able to help me get to the root cause of many of the symptoms I was experiencing and improve them drastically. Through bioresonance testing, we found that I had a couple of parasites and heavy metals that could be contributing to many of my health issues. Summer was able to help me clear these with a supplement protocol and some detox modalities new to me, such as coffee enemas and castor oil packs. After working with Summer, I can honestly say that I feel so much more confident in my ability to continue healing after spending a very long time feeling hopeless. I learned so much during our time together, and I feel like I have the tools now to better help myself when I start to struggle. If you're considering at all working with Summer, do it!! Take it from someone who has spent a lot of time and money working with other practitioners in the past who really couldn't help me find answers. Summer is the best! She is extremely knowledgeable, thorough, so kind, goes above and beyond, and so incredibly dedicated to helping her clients. I am so grateful to have come across Summer. Anyone who has the opportunity to work with her is incredibly lucky!"





# recent client wins

(screen grabs from the private 1:1 chat portal)

Love all of this! I will give the morning practice a go starting tomorrow and I have a ton of dandelion tea so I will give that a whirl as well. I am loving these tips. And thank you for being such a hands on practitioner, I feel really connected and safe going through this process because you have been so responsive and compassionate. Really appreciate you and the work you do ❤️



I really do feel like I've made so much progress in such a short amount of time my gratitude towards you on my journey is endless

**Please add any additional comments or questions you may have! \***

I'm so sad this is our last call together! 🥺 I am so so grateful to have had this time working with you. I have seen so many improvements in my health that I've never been able to achieve on my own, or with working with someone else. I have learned so much more about myself and my health and I feel like I have so many more tools to work with moving forward. I truly appreciate everything you've helped me to achieve! It is so obvious that you stand apart from so many others in your profession in the best way possible, and anyone who gets the opportunity to work with you is truly lucky!

Hey Summer! So, I just wanted to share something with you quickly. This morning I woke up and I had started my period. And for the first time in forever, I realized I had almost none of my typical period symptoms like I normally do! No breast tenderness, no cramping, and I didn't spot at all until last night. I almost always have cramps the first day and normally I spot a few days leading up to my period. I'm honestly shocked! I know this really hasn't been my main concern, but I'm so excited about this improvement!

**What were your top 3 wins this week? Please describe anything you've learned or experienced! \***

Passed more worms and I think some liver flukes as well during a couple of coffee enemas! I noticed my cycle length was longer/continuing to see fewer pms symptoms. And my acne seems to still be improving/less breakouts during this months period.



# What Is Bioresonance?

## **Bioresonance Testing**

In order to understand chronic stress, you first have to trace it back to its roots. Bioenergetic/bioresonance testing is the best way to understand the root cause of chronic stress and related health conditions. Bioresonance uses a small hair and saliva sample to measure the body's energetic balance or imbalance related to various factors like nutritional and hormonal imbalances, resonating toxins, parasites, food/environmental sensitivities and more. We also use your samples to test for resonating remedies – AKA homeopathic and herbal remedies that work best for your current health condition.

## **How are my samples processed?**

This testing is not completed in a medical laboratory. It is a non-invasive energetic analysis that has the ability to detect stress using hair and saliva samples. We use FDA approved bioresonance testing equipment. The best way to understand this is to think of biophysics: the study of organisms in regards to matter and energy. Bioenergetic testing measures the body's energetic reaction to various substances. It is in no way meant to be replaced as a substitute for traditional testing that uses blood/urine/stool samples. Bioresonance is not diagnostic, however it's common to see bioresonance results correlate with or confirm results from a medical lab.

## **Scan Results**

Your personal scan results will show organ performance, food/environmental sensitivities, nutritional imbalances, vitamin/mineral deficiencies, resonating chemicals/bacteria/viruses/parasites/mold and more. To view a sample report, please [click here](#) and scroll to the very bottom of the web page.



# FAQ's

## **Where are the 1:1 calls conducted?**

All 1:1 calls are virtual. You can choose video calls or phone calls – whatever works best for you! We use a HIPAA compliant call system for security + convenience.

## **Can you tell me more about your certification?**

I am a certified Functional Diagnostic Nutrition Practitioner with a focus in gut, hormone + metabolism support. My certification allows me to run and interpret functional labwork to get to the root cause of my clients' health concerns. I've also completed extensive independent research in the field of pro-metabolic nutrition and worked first-hand with some of the best nutritionists, functional practitioners and metabolic health experts in the world.

## **Do you take insurance?**

Unfortunately, functional health services are not covered by insurance. However, my clients save money in the long run as they are no longer guessing which supplements to take. I also remind my clients of the importance of investing in your health now to avoid tens of thousands of dollars in medical bills later.

## **Does this program replace working with a doctor?**

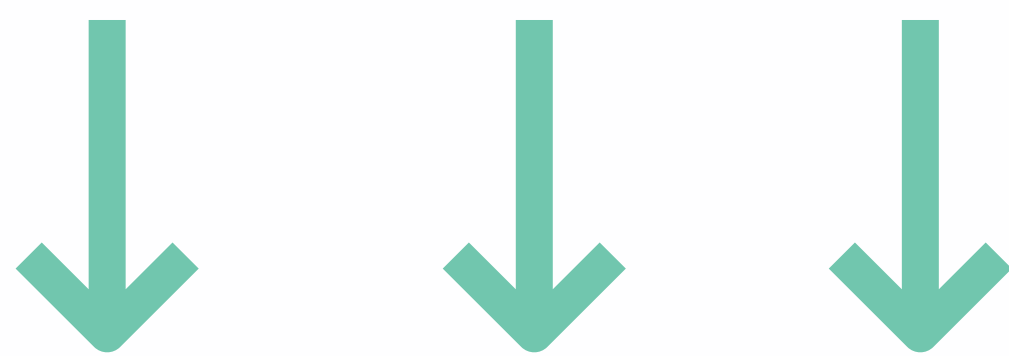
As an FDNP, I do not diagnose or treat any conditions specifically. Working with me should function as an add-on to routine doctor visits and any prescribed medications.

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# Let's Get Started!

It's time to take your healing to the next level! If you feel working with Summer would be a good fit for you, please schedule a 10 minute discovery call below. I can answer any questions you may have about my programs. I look forward to meeting with you!



**schedule my free info call**

Or, feel free to email me at [summer@healwithsummer.com](mailto:summer@healwithsummer.com).

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