

What is functional lab testing?

Functional lab testing looks at patterns and imbalances in the body to help us better understand how your systems are functioning and influencing one another.

Rather than looking at symptoms in isolation, this approach recognizes that the body's systems are deeply interconnected. What shows up in one area is often influenced by stressors or imbalances somewhere else.

Many women are told, "Everything looks normal," but still don't feel like themselves. Functional testing can help uncover underlying patterns and provide deeper insight into what may be contributing to how you feel.

These tests are not intended to diagnose or treat disease, but rather to provide personalized insight that helps guide supportive wellness recommendations.

Why choose a coaching program instead of a quick fix?

Healing and sustainable wellness rarely come from one supplement, one protocol, or one "perfect" routine.

Real change takes consistency, support, and a personalized approach that looks at the bigger picture instead of chasing symptoms one at a time.

My coaching programs are designed to help uncover underlying patterns, provide individualized guidance, and create supportive, sustainable changes that work with your body instead of against it.

The goal isn't perfection — it's helping you restore balance, build resilience, and feel like yourself again.

Do you offer lab testing without a coaching program?

Yes. I offer select functional lab testing options with a standalone results and recommendations session for those who are not ready for a full coaching program or are looking for a more focused starting point. This can be a great option for clients who want deeper insight into what may be contributing to symptoms and would like personalized guidance on next steps.

Do you accept insurance?

R.E.A.L does not currently accept insurance.

Services are educational and wellness-focused in nature and are not intended to diagnose or treat medical conditions.

Some clients may choose to use HSA or FSA funds when eligible, but coverage and reimbursement are not guaranteed. Please check with your provider for details.

Do you offer payment plans?

Yes. Payment plan options are available for most coaching programs to help make support more accessible and manageable.

We can discuss available options during your consultation call to find the best fit for your needs.

Do you work virtually?

Yes. All coaching sessions are currently offered virtually, allowing you to receive support from the comfort of your home.

Sessions are conducted online through video calls, and functional lab testing can typically be completed from home when included as part of your program.