

NUTRITION COUNSELING FAQs

WHAT EXACTLY IS FUNCTIONAL NUTRITION?

Functional Nutrition is a revolutionary way of looking at diet and lifestyle that truly treats you as an individual, and works with your unique needs to help you improve your health. We work within the principles of Functional Medicine, but with a dedicated perspective on the diet and lifestyle modification upon which those principles rely for their success (and yours).

Here are some of the ways in which our clinic is different:

- We work towards root cause resolution, which means we are concerned with why you are experiencing symptoms. Our goal is not only to help relieve your symptoms, but to uncover the root cause of your health issues as best as we can to create more sustainable relief.
- We work in partnership with any other healthcare providers you may be seeing. Everyone benefits from strong, positive partnerships, and we believe in working together with your entire medical team to help you realize your goals.
- We know that you are not just a collection of tissues and organs. Everything in your body is connected to everything else, and we recognize how each body system affects the whole. Furthermore, we know that other aspects of your life, including your history, your relationships, and your current environment also impact how you feel. This unique way of looking at the body is what allows us to make connections that others miss, and help you modify your diet and lifestyle in ways that will make positive changes for you in both the short and long-term.
- We give you your power back as a patient, because we work with the things you have control over each and every day - diet, supplements, sleep, exercise, relaxation, and more. Once we help you figure out which lifestyle factors need to shift, you will have more control over your life and your health than you thought possible.

DO I NEED TO TRAVEL TO PORTLAND FOR MY APPOINTMENT?

We have a fully virtual practice at the Alliance Clinic. This means that you can meet with us via phone or Skype from anywhere in the world. You will also have access to your nutritionist through email between appointments if you have any questions or concerns.

While this may be a new way of working for you, we've found that most of our clients grow to love the ease and convenience of having one less appointment to travel to. It's amazing how what a deep relationship we can build with our clients through these methods of communication and we've worked hard to hone our skills to connect with you.



CAN I WORK DIRECTLY WITH ANDREA?

Andrea Nakayama, the founder and leader of the Functional Nutrition Alliance, will bring her insights and expertise to your case no matter which nutritionist you work with. Andrea does not see individual clients any longer, but she has personally trained all of the nutritionists on the Alliance Clinic team, so you are assured the highest quality care possible. She continues to meet with her Nutrition Team in dedicated Case Review Meetings twice per week, where you can trust your case is being reviewed by her and the rest of the team. You can meet all of our nutritionists **here** on the Counseling Page.

CAN I ORDER SUPPLEMENTS OR SUPPLEMENT REFILLS?

We do offer a selection of supplements that Andrea has handpicked for their efficacy and purity. You can order supplements through our online store at **www.replenishme.com**. Additionally, during counseling, your nutritionist may recommend other specialty supplements that you can order directly through our office.

Please know that you are not obligated to purchase recommended supplements from us. We carry them for your ease and for our concern about the storage methods in which supplements are kept before they arrive to you in your home.

DO YOU ACCEPT INSURANCE?

Your health and wellness are our priority. Our financial policy allows us to provide you with access to the best nutrition and lifestyle care available and does not limit your care to what is covered by health insurance policies. Like many functional medicine practices, the Functional Nutrition Alliance Counseling services are an out-of-pocket expense. We're unable to provide insurance billing codes or NPI numbers, which is outside of our scope of practice as nutrition and lifestyle professionals, but we are happy to partner with any other practitioners on your team. We do have clients who submit their Functional Nutrition Alliance invoice to their insurance directly for a percentage coverage, or work with their workplace health savings account to receive some compensation. We encourage you to explore these options.

CAN YOU PRESCRIBE MEDICATION?

As nutrition and lifestyle professionals, it is outside of our scope of practice to diagnose conditions or prescribe medication. As noted above, we will work with your medical practitioners to bring our perspective and recommendations forward when appropriate.



YOU SOUND LIKE YOU WORK WITH REALLY SICK PEOPLE, I JUST NEED TO LOSE 10 POUNDS, SHOULD I MOVE FORWARD WITH COUNSELING?

We have learned over the years at the Functional Nutrition Alliance, working with thousands of clients, that we can best serve people who have a serious health condition, are working to make big changes in their life, and are ready for the challenge of taking on more. If you are looking to lose some weight or gain more energy, we absolutely support you and we have resources for you **here**. Simply sign up for our mailing list to receive some free tools today, and we will also notify you about our upcoming cleanses and detoxes that Andrea created specifically for your needs!



If you have any additional questions about our nutrition counseling services, please contact us at support@fxnalliance.com.