



Dr. Mary's Functional Reset

Bring Your Health Back In Balance

www.BackInBalanceHealthCenter.com



Dr. Mary's Functional Reset Program

A guided, 4-month plan to uncover triggers, reduce inflammation, and restore vitality

Why Choose the Functional Reset?

We don't guess — we test.

Chronic inflammation is often at the root of fatigue, weight struggles, headaches, digestive issues, hormone shifts, joint pain, and even autoimmune conditions.

The Functional Reset Program uses advanced food sensitivity and nutrient testing to uncover your body's hidden triggers. From there, we guide you step-by-step through a proven 4-month plan to reduce inflammation, restore balance, and help you feel your best.

Who It Helps

Our program supports patients struggling with:

- Weight that won't budge
- Digestive issues (IBS, bloating, leaky gut)
- Migraines & brain fog
- Fatigue & low energy
- Thyroid dysfunction
- Joint & muscle pain
- ADHD, anxiety, or depression
- Autoimmune conditions
- Skin issues (eczema, psoriasis, rashes)

The 4-Month Reset

Your health journey, simplified into four clear phases:

1. **Month 1 – Food Sensitivity Testing & Detox Prep**
Discover your unique food triggers and begin gentle detox support.
2. **Month 2 – Nutritional Support & Body Phase**
Correct nutrient deficiencies and support deeper detoxification.
3. **Month 3 – Brain Phase**
Target neurotoxic stressors and restore clarity, mood, and focus.
4. **Month 4 – Cellular Vitality**
Rebuild energy at the cellular level for long-term resilience.

What You Receive

- ✨ Personalized test results and a customized protocol
- ✨ Four virtual 15-minute check-ins (phone or email)
- ✨ Step-by-step guidance to keep you on track
- ✨ Practitioner-grade supplement recommendations tailored to your needs

Why Patients Love It

- ✓ Personalized — based on your lab results
- ✓ Comprehensive — whole-body approach to healing
- ✓ Transformative — designed to calm inflammation, increase energy, and restore balance

Ready to Reset?

Take control of your health today.!

Looking for More Personalized Support?

In addition to our Functional Reset Program, Dr. Mary also offers individualized one-on-one care.

We'll start with a **Discovery Call (\$47)** to review your health concerns, past labs, and goals.

From there, we'll discuss testing and a plan customized just for you.

👉 Ask us how to schedule your Discovery Call today!

or

Scan the QR code below to fill out the brief form and schedule the best time for you.



CONTACT US



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