

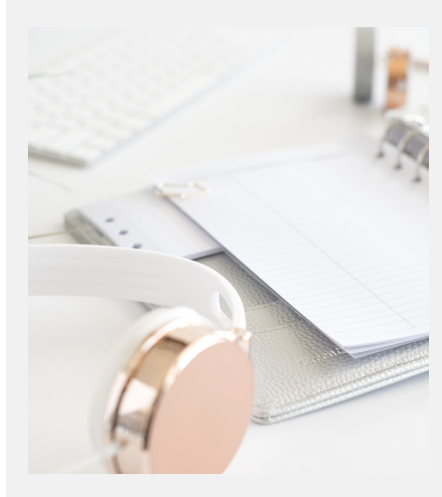


I firmly believe that our blood sugar requirements are as distinct as our fingerprints. Drawing from my personal journey with type 1 diabetes and my expertise in dietetics, I have crafted an approach that accelerates your progress, ensures lasting results, and integrates functional nutrition techniques into your lifestyle.

My commitment to your success is unwavering, yet I understand that the effort you invest is paramount. My role is to provide not just guidance, but also empathy, education, and a solid framework during our sessions. I will be both a mentor and a coach, striking the perfect equilibrium to drive you toward your full potential.

Having guided clients since 2012 as a speaker, coach, and author, I, Kelly, possess a wealth of experience in leadership. The question that remains is, "Are you prepared to embrace the assistance?" Let's embark on this transformative journey together!

# KSW Offerings



## PRIVATE COACHING

\$799/MONTH

individualized guidance and support to clients, addressing their dietary needs, lifestyle choices, and overall wellness goals to promote optimal health through a well-rounded approach.

4-Month Program

ENROLL

## CGM WITH KEL

\$299-\$899

providing individuals with insights into how different foods, activities, and lifestyle factors impact their blood sugar levels, fostering a deeper understanding of personal health and promoting informed choices for overall wellness.

ENROLL

## MEMBERSHIP

\$99/MONTH

This community celebrates individuality and encourages members to embrace their unique perspectives, empowering each other to explore new ways of achieving balance and thriving in all aspects of their lives.

ENROLL

**PROVEN  
STRATEGIES/UNIQUE  
APPROACH**

**BLOOD SUGAR  
DETECTIVE WORK**

**THE SWEET REBEL TRIBE**

# KSW SIGNATURE 4-MONTH PROGRAM

Before beginning private coaching with Kel, we recommend doing the Wheat Zoomer leaky gut lab and Cleanse with Kel, a 14-day cleanse.

Wheat Zoomer  
Cleanse with Kel



- The first session will be 60-minutes
- You will receive individualized functional nutrition advice: what/when/how to eat for your needs, targeted supplements, structure, and accountability.
- Assessment of current habits, diet, labs, routines & personal goal guidance each session



- These 45-minute (x7) 1:1 video sessions take place every other week.
- Our clients tell us that these sessions feel similar to therapy, but with a focus on your lifestyle, blood sugar needs, food choices, and thought patterns.
- Each session comes with a report noting homework/areas of focus until the next session with resources and more.



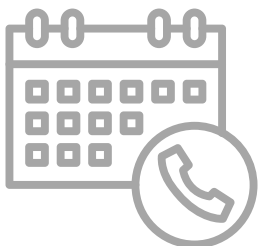
- Kel is your health coach and dietitian in your back pocket. This part of the services is built into her workload and is expected.
- Responses may take up to 48 hours. If the response includes more than a short answer, the query will be held over the next session.



- As a 1:1 client, Kel will write your a nutrition prescription to help with meal planning and executing for the week.
- Discounts on vitamins/pharmaceutical-grade supplements from Fullscript
- Functional labs are very impactful at driving results and Kel will identify what lab is fitting for your needs. These labs are discounted for 1:1 clients from the list price.
- No doubt, a good functional practitioner will be selective in what tests you have done.

## READY TO GET STARTED?

- Sessions are virtual and bi-monthly.
- Packages must be used within a 6-month timeframe.
- Payment plans are also available as are HSA/FSA cards accepted.
- Cancellation Policy: If you need to cancel a session, notify Kelly within 48 hours of the session otherwise, you will be responsible for paying for the missed session.



## BOOK A DISCOVERY CALL

[CLICK HERE](#)

[Kelly@KellySchmidtWellness.com](mailto:Kelly@KellySchmidtWellness.com)

# Top KSW Functional Tests



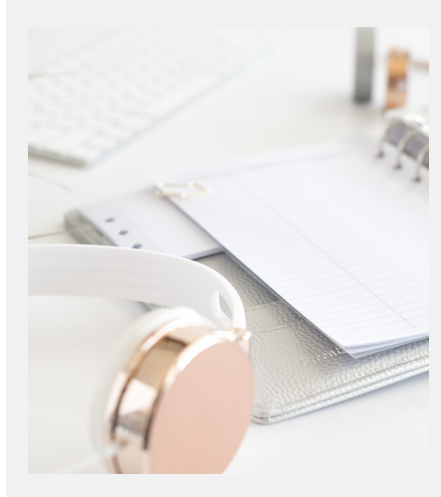
## WHEAT ZOOMER/ LEAKY GUT

\$499

This functional lab creates the most impact in guiding me on what your health needs are, regardless of your health goal.

[> LEARN MORE](#)

**GUIDING**



## STOOL TEST

\$799

We use the BiomeFx by Microbiome Labs, which assess gut bacteria, inflammation, pathogens, nutrient deficiencies & hormone metabolism.

[> LEARN MORE](#)

**TELLING**



## DUTCH TEST

\$399-\$699

DUTCH Testing is the gold standard to understand your sex hormones, stress hormones or both. Kit options vary.

This is a test that most female doctors don't use, unless they have had functional medicine training.

[> LEARN MORE](#)

**ONE-OF-A-KIND**