



WILD + WELL-FED

WELLNESS COLLECTIVE

FUNCTIONAL LAB PRICING



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MEET OUR PRACTITIONERS



Laura Lyons

FNTP, RWP

Laura Lyons is the owner of Wild Lyons Wellness and the founder of Wild + Well-Fed Wellness Collective and online course Rewild Your Gut. She is a women's health nutritionist with a focus on metabolism, hormones and digestion. Her goal is to help women understand their bodies better, take the fear out of food and help women thrive in a world of diet culture and confusion

Labs: HTMA, Blood Labs, DUTCH Test, GI Map Stool Analysis (others available upon request)



Annika Duden

FNTP

Annika is a women's health nutritionist specializing in the HTMA, cookbook author, and recipe developer. Her goal is to help women return to the way God designed them to eat and live. In a world where diet culture and being skinny is valued over true health and wellness, her purpose is to show women how much more there is to life when they break through the lies and get back to their purpose.

Labs: HTMA



Emmalee Thompson

RN, FDN-P

Emmalee is a holistically-minded RN who, after spending years caring for patients in the mainstream medical system, decided to pursue her calling to help women find true, lasting whole-body health and wellness. Her goal is to help women thrive physically, mentally, and spiritually by transitioning from a life of restriction and limitation to a life filled with freedom and vitality.

Labs: HTMA, Blood Labs, DUTCH Test, GI Map Stool Analysis



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You must complete the self-paced Wild + Well-Fed Community Course in Mighty Networks -OR- a 3rd party nutrition course that we approve of as well as take a short quiz in order to become a VIP member. Once a VIP member you can order any of the below labs and get personalized protocols.

Why do we do this?

Labs will be a waste of money if you do not have the foundations of nutrition and lifestyle down first so we want to make sure you get the most bang for your buck and that you are ready to order labs to further your healing journey. Even if you think you know everything, I can guarantee you will learn a thing or two in this program.

Due to legal restrictions we can not run DUTCH, GI Maps, or Blood Panels in NY, RI or NJ at this time. If you live in either of these states and would like to run these labs you will need to be able to travel to a nearby state. Please contact us at wildwellfed@gmail.com if you live in any of these states to discuss options. We are only able to run the HTMA and DUTCH panel in other countries at this time.



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LAB ORDERING

All labs will be interpreted via a virtual video presentation.

What does that mean?

Considering you are an active member in the membership, passed the required quiz and have gone through the required course material we know YOU GOT THIS and now have a deep understanding of the foundations needed for success and therefore do not need an in-person consultation, this is a huge perk to being a VIP member and something you can not get anywhere else!

The plus side to this service is you get to watch the presentation at your own convenience, in your own home without needing to show up for an appointment. There is no 1:1 commitment required. Considering how in-depth our questionnaire, paperwork and analysis are we can evaluate your case without you needing to be there. How cool is that? You can also refer back to the presentation at any time during your healing journey.

Presentation includes:

- In-depth evaluation of your lab results, health history, symptoms, and goals.
- Nutrition recommendations based off current diet evaluation
- Personalized protocol including nutrition and supplement recommendations.
- During this presentation we will go over your individual labs in depth so you know EXACTLY what they mean clinically, as seen from our functional root cause perspective. We will also use the paperwork you filled out about your health history, symptoms and goals to create a personalized protocol based off your lab results. You will also be given a PDF document with your protocol and nutrition/ supplement recommendations.
- You will receive a link in your protocol with a 60 day check in form to see how your protocol is going and if you have any specific questions at that time.
- Unlimited questions in the private client group in the membership platform.

*** All labs are taken in the convenience of your own home except the blood labs. Depending on how many labs are ordered will determine the length of the presentation, expect anywhere from 30-90 minutes.



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VIP PACKAGE OPTIONS

HTMA \$499.99

Couple's HTMA Package \$899.99 this includes you and your partner. If you have had testing done previously and this is a re-test the cost remains the same.

Family HTMA Package \$1699.99 this includes 4 members in your family (you being one of them, 3 others). If you have had testing done previously and this is a re-test for you the cost remains the same. These family members need to be following the nutrition guidelines we discuss in the course and must be immediate family members. For example we can not run labs for your mother, father, brother, sister or cousin that are not familiar with the foundations of nutrition.

SPECIALTY LABS:

You are required to do an HTMA before purchasing these specialty labs below. You receive \$100 off the HTMA if you order the HTMA alongside any specialty lab.

DUTCH Hormone Panel: \$549.99 we can not run a DUTCH if you are on birth control or have HA

GI Map Stool Analysis: \$589.99

Blood Labs: \$489.99 includes a full comprehensive panel and full thyroid panel.

FULL PACKAGE: \$1,999 includes HTMA, DUTCH, GI Map, and Blood Labs. This is highly recommended if you plan on ordering all of the labs at some point during this membership.

The Yearly Preventative: \$1149 includes HTMA, DUTCH, and Comprehensive Blood Lab for established clients only. This does not include a video interpretation or analysis of your case. You will receive a detailed document with your lab results, our interpretation and recommendations.

Please respect that we will not be doing "second opinion" lab readings at this time. Labs must be ordered through us and not a third party. It makes things complicated since we like to take a whole body approach.

HTMA Re-Test: \$199

Re-tests on specialty labs will be determined on a case by case basis, we offer retesting at a discounted rate through email interpretations.

*** All prices and packages are subject to change.