



www.dianasiepmann.com

diana@dianasiepmann.com

+32 472 226 398

"It's far more important to know what sort of person has a disease than to know what sort of disease a person has."

Hippocrates

"It's more important to understand the imbalances in your body's basic systems and restore balance, rather than name the disease and match the pill to the ill."

Dr Mark Hyman

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

R. Buckminster Fuller

Diana Siepmann

Functional Medicine Health Coach

What is Functional Medicine?

"Functional medicine is a science-based personalized healthcare approach that assesses and treats underlying causes of illness through individually tailored therapies to restore health and improve function."

Cleveland Clinic Center for Functional Medicine

Functional Medicine asks how and why illness occurs.

We look at nutrition, sleep, exercise, stress management/relaxation and relationships/networks.

What I offer

Case Review - €147

- Detailed Intake (forms to be completed by client)
- Review of existing blood work through lens of Functional Medicine
- Analysis of intake results and correlation with blood work
- Mapping out the situation showing the interconnectedness between systems/symptoms
- Identification of healing opportunities (direction for path forward - basis for Health Rebuilding Programme)
- One hour Skype review session to present the map/healing opportunities and the option and for the client to ask your questions

1:1 Health Rebuilding Programme - €447

Every person is unique and healing from chronic health conditions needs and equally unique approach. Based on the Case Review and potential further test results always in correlation with experienced symptoms, I work with each client on restoring balance.

- Four 50 min Skype sessions - Working on personalised DRESS programme (Diet, Rest, Exercise, Stress Reduction, Supplementation)
- Support in-between sessions to keep up progress and motivation
- Detailed briefing for doctor with recommendations for further testing and questions to get clarified
- Three months membership in a support group
- Access to support material (food list, meal templates, recipe resources, ...)