KALE DIAGNOSTICS

Service Guide

KALEDIAGNOSTICS.COM

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@KALEMEKOURTNUTRITION

AUTUMN AND WINTER GUIDE 2022-2023

HEALTH CONSULTING + LAB TESTING

What is Kale Diagnostics?

Kale Diagnostics is a root-cause-focused nutrition practice that is focused on your greatest health potential. Through functional lab testing and thoughtful analysis, we help you understand what is really driving symptoms - and show you what is needed to restore balance to your body through nutrition-based approaches. While western medicine might simply offer prescriptions and band-air fixes, Kale Diagnostics steps in to show you the support and data that you crave. When you decide to work with us, your first step is to complete functional lab testing that gives us a glimpse into the true status of your health. Say goodbye to hearing, "your labs are normal", and hello to finally having answers - and solutions.

At Kale Diagnostics, you are supported by a team that is dedicated to your success. Instead of being supported by only one nutritional practitioner, you are supported by myself (Kourtney) and my team, which facilitates a truly comprehensive approach. Our practitioners, research team, and client satisfaction team are here to ensure that your time with us is nothing short of excellent.

Through functional lab testing, research-backed education, and intentional, individualized solutions, our clients see tangible results that exceed expectations and cause their doctors to say, "I'm not sure what you're doing, but keep on doing it."

Ready to learn more? Read on to meet the team.

Kourtney BS, CNC, FDNP (founder)

"Healing is Possible"

"Hey there, it's Kourtney. I'm a functional nutritionist (BS, CNC, FDNP) who specializes in helping women bring balance to their bodies through food. After years of experiencing chronic health struggles, I was tired of the quick fixes, medications, and doctors telling me that "everything was fine", despite feeling my worst. Through a friend's suggestion, I discovered functional nutrition and lab testing, and my outlook on health was never the same. Through years of research, mentorship, and functional training, I discovered answers to the hormone, gut, and immunes issues I had been struggling with for years. I lived much of my life thinking that healing was out of reach, when in fact, Western modalities were simply failing me. Thanks to functional labs and individualized nutrition, I was able to overcome both a PCOS and Hashimoto's Thyroiditis diagnosis - and now, years into remission, I am thankful to now help women find balance in their health through data driven, evidence based approaches that meet them exactly where they are.

I believe that there is always answer, and that solutions are rarely far away - even when can't see through the fog of disappointment and confusion that health struggles can bring. If you're ready for real health changes, my team and I are there to support you every step of the way."

- Kourtney BS, CNC, FDNP, Founder

Meet The Team

Sarah

Hi! I'm Sarah (BS, NTP). I am a certified integrative nutrition health coach from the Institute for Integrative Nutrition & Nutritional Therapy Practitioner from Nutritional Therapy Association. My passion lies in optimizing digestion and improving gut health. I believe all disease begins in the gut. So whether you're dealing with hormonal imbalances, IBS, autoimmune, etc. it can all be addressed by improving the intestinal barrier & balance in the gut microbiome! I always approach wellness with a food first, root cause approach. I focus on restoring the body's foundational pillars, including: nutrient dense diet, digestion, blood sugar regulation, mineral balance, sleep, & stress. Can't wait to connect!

Courtney

Hi, I am Courtney (MS, RDN, LDN, CSCS). I am a Registered Dietitian and Certified Strength & Conditioning Specialist. Through my experiences as a dietitian, I felt that there was something missing within the typical approaches to health and wellness, which led me to fall in love with functional nutrition. I believe intentional, personalized nutrition is the root of health. I care deeply for my clients, and love being able to walk alongside them during their health journey. It is an honor to be able to help women nourish their bodies through deep nutrition, purposeful exercise, and targeted supplementation/ testing. I can't wait to meet you & support you during this process.

KALE DIAGNOSTICS

kourtney simmang bs, cnc, fdnp

What to Expect when Working With Kourtney and the Kale Diagnostics Team

At Kale Me Kourt Nutrition, evidence-based lab testing drives our decisions in your care as we support your body through food and targeted supplementary approaches. During your time with Kale Me Kourt Nutrition, you are paired with an experienced nutritional practitioner who will thoroughly address labs, nutrition, and lifestyle factors with you in a hands-on setting. All practice member protocols are overseen by Kourtney, who reviews all of your health information and invests a majority of her time seeking solutions to the never-ending myriad of health struggles within the world of women's health alongside her research team. At Kale Diagnostics, you are met with the same reliable, data-driven methodologies that have served our clients for years - along with the latest in functional nutritional therapies and integrative medicine modalities. We truly care about your health and remain committed to doing all we can to help you be where you long to be.

How do you know which plan is right for you?

When viewing this guide, I want you to do two things: ask yourself what level of support you feel you need, and use the client stories as a guide to show you what is possible. I have designed all of my offerings to support you where you are - and to help you have as many answers and resources as possible no matter how much time we spend together. Although I love getting to spend a ton of time with my clients, and running as many labs as possible is always great as well - I feel confident that you will find value in whichever plan is the best for you time-wise and financially. Health is an investment, and it's my aim to make this kind of journey as affordable and value-packed as possible, while also being up-front about the investment this level of service requires. If you ever have special circumstances that limit you financially, please email my team at kourtney@kalediagnostics.com and let us know - and I will do all I can to meet you where you are.

xoxo - Kourtney

KOURTNEY SIMMANG BS, CNC, FDNP
FOUNDER OF KALE DIAGNOSTICS

CHOOSING A PLAN

WORKING WITH THE KALE DIAGNOSTICS TEAM

During your time with Kale Diagnostics, you are supported by an extensive team of wellness professionals. Kourtney, along with experienced nutritional practitioners, a wellness culinary specialist, and an integrative medical researcher, provides custom solutions for your unique needs.

ESSENTIAL EDUCATION

When you work with Kale Diagnostics, you receive extensive education that will serve as a core foundation for your wellness success. This is typically accomplished through live or recorded educational training and handouts that you will have access to throughout our time together.

DATA + SUPPORT

When you invite the Kale Me Kourt Team into your journey, you are paired with an experienced nutritional practitioner whom Kourtney has trained to support you in your journey. Your practitioner will meet with you on live calls to support you through the entire 1:1 process, including your comprehensive initial intake, and functional lab testing results. Your practitioner brings your complex health case to the drawing board with Kourtney and the rest of the Kale Diagnostics, where the best solutions and action steps are thoughtfully selected for you.

CONTINUED SUPPORT

Your protocol will include detailed lab interpretation and findings, and a strategic, fully custom meal plan, along with intentional supplement and lifestyle suggestions based on your health data. We support you through your healing journey, while tracking progress, making adjustments, and running lab re-tests and comparative analyses when needed. We are here to support you long-term as you continue to experience the transformation and supportive care you desire.

HOW YOU CAN WORK WITH US

At Kale Diagnostics, We aim to provide custom solutions to women who are in need of support within their health journey. I have options if you would like to work with me in a group setting (the most affordable route - and yes, labs are included), group coaching + introductory 1:1 support, or high-level 1:1 consulting with extensive lab testing. This page shares an overview of services, while other pages below go into detail about what each selection includes.

SERVICES OVERVIEW:

GROUP COACHING

- extensive education through live and recorded trainings
- 1:1 support from your Kale Diagnostics Practitioner via messagaing
- extensive wellness resources
- functional lab testing and review included in cost

GROUP + 1:1 SUPPORT

- everything group includes plus...
- introductory 1:1 support
- labs reviewed by Kourtney and her team + a custom plan of action is provided
- personalized beginning protocol and 1:1 video call to review results + ask questions

HIGH LEVEL 1:1 CONSULTING

- several sessions with a Kale Diagnostic's Practitioner
- extensive question credits
- extensive lab testing (all lab fees included) + review analysis
- continuous protocol creation and updates, personalized meal plans, supplement suggestions and complementary communication with your healthcare provider or doctor
- free access to group coaching and the Health Foundations Course

SIGNATURE GROUP COACHING

Group coaching **is the most affordable way to access lab testing,** extensive health education, and a lighter (yet impactful) level of support from Kourtney. Through a community-style setting, you will learn the ins and outs of health, while being provided with extensive resources that will support your health long-term. What's included?

- several monthly live and recorded training that walks you through health complexities based on your needs, and based on understanding how your lab data impacts your health journey

- community support via a private group of like-minded women, plus question credits to engage 1:1 with the Kourtney and the Kale Diagnostics Team concerning your health questions

- over $1k of labs included (group coaching includes an HTMA test and a DUTCH complete or GI map microbial test), along with instructions on how you can understand your results [labs are mailed to home, only available in US or Canada - if you are in another country, email hello@kalemekourt.com]

total cost - $1889, 6 month payment plans starting at $349 available

group coaching

SIGN UP NOW

starts January 2023

"THE PERFECT DUO" GROUP COACHING + THE INTENSIVE

If you are interested in the value and affordability of group coaching, but desire **a little more** support and a close look at your health from Kourtney, this is the plan for you.

includes everything group coaching offers, plus:

- one 1:1 session with a Kale Diagnostics practitioner (where labs are reviewed, a personal health intake is reviewed, and questions are answered)

- personalized protocol and meal plan with individualized recommendations based on consultation, delivered within 72 hours of consultation

- additional question support credits to be used for 1:1 support

an extra $399 in addition to base pricing for group coaching ($1889), for a total of $2288 (or $415 monthly for 6 months)

sign up or book an info call

Looking for more 1:1 support and more labs? Check out the Health Reset Journey or the Diving Deep to Heal. The details for these programs are below.

HIGH LEVEL 1:1 SERVICES: THE HEALTH RESET JOURNEY

The Health Reset Journey is the best fit for anyone who is primarily looking for an value-packed entry into extensive 1:1 support with multiple lab tests. In this package, you will receive 4 functional lab tests, along with extensive analysis, six intensive call credits, protocol creation with included revisions, and high-level messaging support. On top of this, you also are given free access into Kale Diagnostic Group Coaching, which you are welcome to join whenever the next round of coaching begins.

INCLUDES:

- TWELVE CALL CREDITS WITH YOUR KALE DIAGNOSTICS PRACTITIONER, WHO INTENTIONALLY SUPPORTS YOU THROUGH YOUR HEALTH JOURNEY THROUGH BEING YOUR FIRST LINE OF CONTACT AS THEY CLINICAL FINDINGS TO KOURTNEY AND THE ENTIRE KALE DIAGNOSTICS TEAM

-PERSONALIZED PROTOCOL AND MEAL PLAN DELIVERED 72 HOURS AFTER INITIAL CONSULTATION + ADDITIONAL PROTOCOLS WITH REVISIONS AS NEEDED (ALL PROTOCOLS ARE MADE BY KOURTNEY AND THE KALE DIAGNOSTICS TEAM)

- 4 FOUNDATIONAL FUNCTIONAL LAB TESTS (2K+ VALUE) THAT WILL HELP US IDENTIFY HEALING OPPORTUNITIES WITHIN THE BODY: A HAIR MINERAL ANALYSIS, A DUTCH HORMONE TEST, A GI MAP MICROBIOME TEST, AND A FULL THYROID PANEL (LAB COSTS AND REVIEWS + RECOMMENDATIONS ARE INCLUDED IN PROGRAM FEE)

- 45 QUESTION CREDITS VIA MESSENGER PORTAL + MEAL JOURNAL REVIEW AS NEEDED

- FREE ACCESS TO KALE DIAGNOSTICS GROUP COACHING (BEGINS JANUARY 2022)

- ACCESS TO THE KALE DIAGNOSTICS "HEALTH FOUNDATIONS COURSE" (COMING NOVEMBER 2022)

TOTAL COST:
$4500 (9 MONTH PAYMENT PLANS FROM $575 MONTHLY AVAILABLE)

SIGN UP NOW

"CHRONIC WAS THE DEFINITION OF MY HEALTH BEFORE WORKING WITH KALE DIAGNOSTICS. ANEMIA, FATIGUE, BLOAT, HEADACHES, EXHAUSTION - THAT WAS JUST LIFE AS I KNEW IT SINCE MIDDLE SCHOOL. I BEGAN WORKING WITH KOURTNEY BECAUSE I HAD NO IDEA WHERE TO BEGIN. IT SEEMED LIKE MY HEALTH CONCERNS WERE A GIANT WEB OF ISSUES AND I HAD NO IDEA WHICH PATH TO TAKE OR IN WHAT ORDER TO ADDRESS THEM. ALL I KNEW WAS THAT I WAS TIRED OF BEING TIRED + BLOATED. I KNEW THERE HAD TO BE MORE TO LIFE - AND THAT'S WHERE KOURTNEY CAME IN. SHE WAS THE FIRST TO REALLY LISTEN AND STRING TOGETHER EVERY CONCERN BIG & SMALL. AND MOST IMPORTANTLY: SHE WAS THE FIRST TO HAVE A PLAN THAT WASN'T JUST TAKING IRON SUPPLEMENTS. I KNEW FROM THE VERY BEGINNING THAT I WAS WORKING WITH THE RIGHT PERSON WHO HAD A SOLUTION RATHER THAN A BANDAID- FINALLY. AND BECAUSE KOURTNEY IS IN THE BUSINESS OF NOT PROVIDING BANDAIDS, MY TIME WORKING WITH HER HAS BEEN FAR MORE REWARDING THAN I COULD HAVE EVER IMAGINED. KOURTNEY & I KNEW EARLY ON THAT WE WERE IN FOR THE LONG HAUL TO UNRAVEL MY HEALTH ISSUES AND REBUILD A HEALTHY GUT + LIFE. WHAT STARTED WITH CHRONIC IRON-DEFICIENCY ANEMIA & CONSTANT BLOAT, ENDED WITH A DIAGNOSIS OF SIBO, GLUTEN SENSITIVITY, LOW STOMACH ACID, AND COPPER DEFICIENCY. THE METHODS DOCTORS WERE USING TO "HEAL" WERE ACTUALLY HARMING ME. THE ROOT CAUSE WAS FOUND WHERE NO ONE BUT KOURTNEY LOOKED. NO DOCTOR OR SPECIALIST EVER MENTIONED GUT HEALTH - BUT THAT WAS EXACTLY WHERE KOURTNEY BEGAN. I DIDN'T NEED IRON, I NEEDED TO HEAL MY GUT. DESPITE THE COMPLEXITIES OF MY CASE, SHE NEVER WAVERED IN HER SUPPORT AND COMMITMENT TO MY HEALING JOURNEY. SHE WAS RIGHT THERE FOR EVERY HIGH AND LOW. HER KNOWLEDGE AND CONFIDENCE IN HER PRACTICE ASSURED ME THAT WE WERE GOING TO TACKLE THIS THING. I NOW KNOW WHAT TRUE LIVING FEELS LIKE - AND I OWE IT ALL TO KOURTNEY AND HER SOLUTION-FOCUSED APPROACH TO HEALING THROUGH NUTRITION."

THE HEALTH RESET JOURNEY, CAITLIN R.

HIGH LEVEL 1:1 SERVICES: DIVING DEEP TO HEAL

The Diving Deep To Heal package is an incredible fit for anyone who is ready for the highest level of support available when it comes to functional wellness. In this package, you will be able to access extensive functional lab testing with comprehensive review, extensive support through 1:1 time with Kourtney's team + question credits, access to Kale Me Kourt Groups, and the Health Foundations Course. This package is value-packed, and is the lowest cost way to access extensive lab testing and 1:1 care if you are in need of a high level of support. This is the package my clients typically choose if they are experiencing complex health struggles.

INCLUDES:

- TWELVE CALL CREDITS WITH YOUR KALE DIAGNOSTICS PRACTITIONER, WHO INTENTIONALLY SUPPORTS YOU THROUGH YOUR HEALTH JOURNEY THROUGH BEING YOUR FIRST LINE OF CONTACT AS THEY CLINICAL FINDINGS TO KOURTNEY AND THE ENTIRE KALE DIAGNOSTICS TEAM

-PERSONALIZED PROTOCOL AND MEAL PLAN DELIVERED 72 HOURS AFTER INITIAL CONSULTATION + ADDITIONAL PROTOCOLS WITH REVISIONS AS NEEDED (ALL PROTOCOLS ARE MADE BY KOURTNEY AND THE KALE DIAGNOSTICS TEAM)

- 8 FOUNDATIONAL FUNCTIONAL LAB TESTS (4K+ VALUE) THAT WILL HELP US IDENTIFY HEALING OPPORTUNITIES WITHIN THE BODY: A HAIR MINERAL ANALYSIS (HTMA), A DUTCH HORMONE TEST, A GI MAP MICROBIOME TEST, A FULL THYROID PANEL, AN ORGANIC ACIDS TEST, A MONTY IRON PANEL, AND TWO HTMA RE-TESTS (LAB COSTS AND REVIEWS + RECOMMENDATIONS ARE INCLUDED IN PROGRAM FEE)

- 120 QUESTION CREDITS VIA PRIVATE MESSENGER PORTAL

- ACCESS TO KALE ME KOURT GROUPS (BEGINS JANUARY 2023)

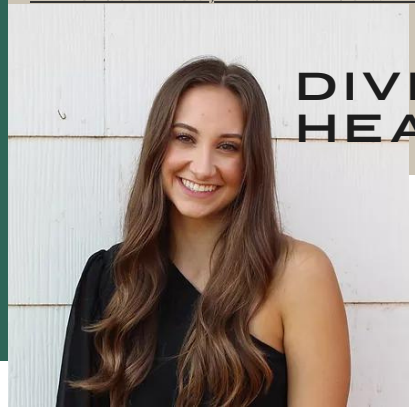
- ACCESS TO THE KALE ME KOURT "HEALTH FOUNDATIONS" COURSE (COMING NOVEMBER 2022)

- COMMUNICATION WITH OTHER HEALTH PROVIDERS (INCLUDING PRIMARY CARE) UPON REQUEST + REFERRALS AND RESOURCING BASED UPON YOUR NEEDS

TOTAL COST:
$7500 (12 MONTH PAYMENT PLANS FROM $695 AVAILABLE)

SIGN UP NOW

"I STARTED WORKING WITH KALE DIAGNOSTICS BECAUSE OF SERIOUS HEALTH ISSUES THAT RAPIDLY BEGAN PRESENTING THEMSELVES OVER THE PAST YEAR. I STRUGGLED WITH CYSTIC AND HORMONAL ACNE, HIGH STRESS LEVELS, HYPOTHYROIDISM, GUT ISSUES, PAINFUL AND IRREGULAR PERIODS, AND A PCOS DIAGNOSIS. BEFORE MEETING WITH KALE DIAGNOSTICS, I HAD BEEN FOLLOWING THE KALE ME KOURT INSTAGRAM ACCOUNT AND KNEW THAT KOURTNEY'S APPROACH WAS VERY UNORTHODOX COMPARED TO CONVENTIONAL DOCTORS, BUT I ALSO KNEW THAT NOTHING ELSE HAD WORKED IN RESTORING MY HEALTH AND VITALITY. ONCE WE TALKED VIA THE COMPLEMENTARY CALL, I KNEW THAT I COULD TRUST HER WITH MY HEALTH. THEY NOT ONLY ADDRESSED EVERY CONCERN I HAD, BUT SHE LISTENED TO EVERY DETAIL OF MY HEALTH JOURNEY INTENTLY. I FINALLY FELT SEEN IN MY STRUGGLES, WHEN I HAD NEVER FELT THAT WAY BEFORE. THROUGH HER 1:1 MENTORSHIP (AND THROUGH CONSULTING MY MEDICAL DOCTOR) WE FOUND THAT I WAS DEALING WITH SIBO, HASHIMOTO'S, AND A POOR-FUNCTIONING LIVER, AMONG MANY OTHER THINGS. SINCE ADDRESSING THESE CONCERNS, MY ACNE HAS SIGNIFICANTLY CLEARED UP, MY THYROID IS FUNCTIONING BETTER THAN IT HAS IN A WHILE (EVEN THAN IT WAS WHEN I WAS ON MEDICATION), MY LIVER IS FINALLY STARTING TO DETOX PROPERLY, AND MY PERIODS ARE CONSISTENTLY 28 DAYS APART AND LESS PAINFUL. I AM ON MY WAY TO NO LONGER QUALIFYING FOR A PCOS DIAGNOSIS, AND IT IS ALL BECAUSE OF KOURTNEY'S HELP. I AM SO THANKFUL I REACHED OUT TO HER BECAUSE THIS HAS BEEN SOMETHING I WOULDN'T TRADE FOR THE WORLD. IF YOU ARE QUESTIONING WHETHER YOU SHOULD BOOK WITH KOURTNEY, DO IT!! YOU WILL NOT REGRET INVESTING IN YOUR HEALTH, ESPECIALLY WITH KOURTNEY AND TEAM AS YOUR GUIDE. I HAVE LOVED MY TIME WITH KALE DIAGNOSTICS, AND I KNOW YOU WILL TOO!

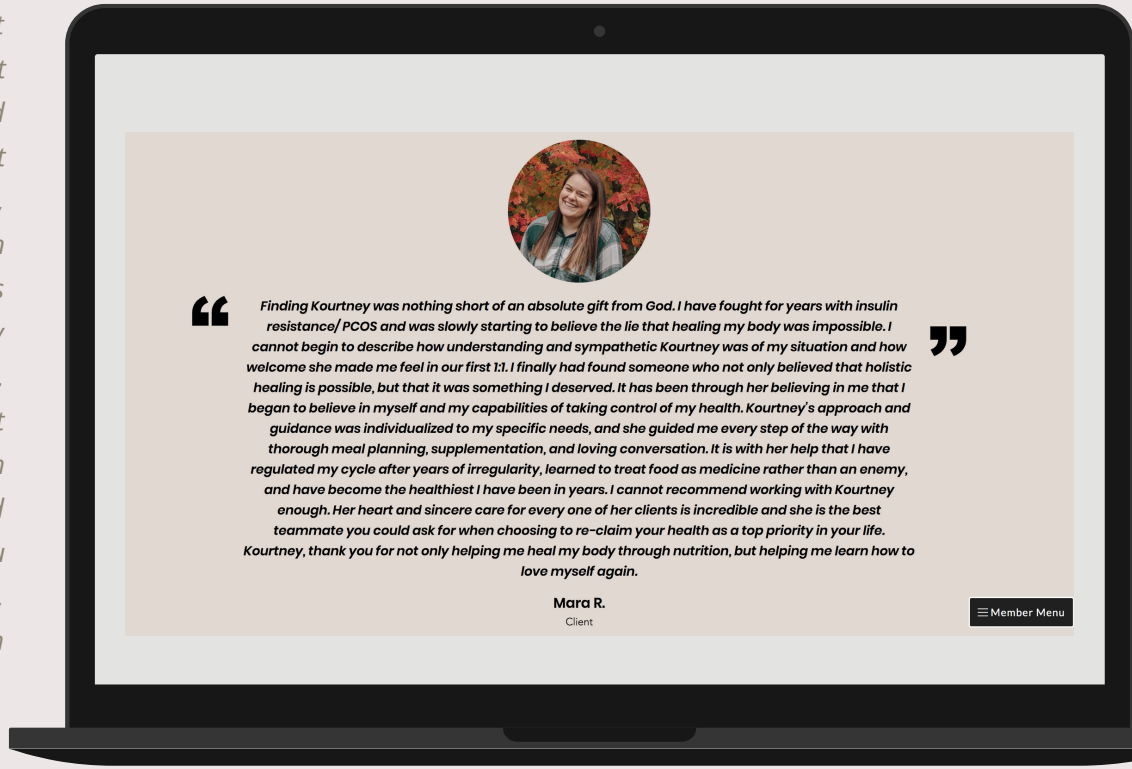


DIVING DEEP TO HEAL, SAM S.

CLIENT STORIES

Frequently updated testimonials are available on KaleMeKourt.com, but below are a few of my favorites - beginning with a story from Mara, a PCOS client of mine who experienced first-hand how powerful 1:1 coaching + individualized support can be.

"Finding Kale Diagnostics was nothing short of an absolute gift from God. I have fought for years with insulin resistance/ PCOS and was slowly starting to believe the lie that healing my body was impossible. I cannot begin to describe how understanding and sympathetic Kourtney was of my situation and how welcome she made me feel in our first 1:1. I finally had found someone who not only believed that holistic healing is possible, but that it was something I deserved. It has been through her believing in me that I began to believe in myself and my capabilities of taking control of my health. Kourtney's approach and guidance was individualized to my specific needs, and she guided me every step of the way with thorough meal planning, supplementation, and loving conversation. It is with her help that I have regulated my cycle after years of irregularity, learned to treat food as medicine rather than an enemy, and have become the healthiest I have been in years. I cannot recommend working with Kourtney (and her team) enough. Her heart and sincere care for every one of her clients is incredible and she is the best teammate you could ask for when choosing to reclaim your health as a top priority in your life. Kourtney, thank you for not only helping me heal my body through nutrition, but helping me learn how to love myself again." - Mara R, The Health Reset Journey



AUBRIE'S STORY

"I am SO thankful that I got to work with Kale Diagnostics. I followed Kourtney's account the week she created Kale Me Kourt and always loved her balanced stance on health and nutrition. Fast forward to a couple of years later after following her and I was struggling with irregular cycles, aggressive acne, and gut issues. I signed up to work with her, for 3 months, after having a complimentary call where she listened to every issue I was concerned about (literally explained everything, going all the way back to childhood and explaining family history health!) After listening, she quickly was able to explain why I could be experiencing the symptoms I had and she put together a plan of action THAT NIGHT. I felt so seen and cared for when I saw that she worked quickly to help me heal. Since working with her, my gut health has improved (I can have dairy after cutting it out of my diet for 4 years), my acne is GONE (HUGE DEAL FOR ME), I've lost weight, and I have more energy than when we started. I'm continuing to heal as I move forward independently, but Kourtney has set me up to feel confident that I can care for myself on my own. I've acquired so much knowledge from working with her. Plus, she is so sweet and empathetic! She never judges you. She only makes you feel amazing about yourself and your progress. INVEST in your health and work with her! You won't regret it. Love Kourtney and all she stands for, and I know you will too." - ***Aubrie S., The Health Reset Journey***

TAYLOR'S STORY

""I started working with Kale Diagnostics because I really wanted to heal any internal hormonal and gut issues to hopefully clear my skin. I have struggled with acne for 12 years and I knew something needed to change. I decided to invest in myself by investing in 1:1 coaching with Kourtney and it has truly changed my life. I have hardly been breaking out, I literally have the clearest skin of my life (I've done everything from accutane to retinol and every other diet you could think of). Also, my digestion is on POINT, my periods are way less painful, and I have so much more energy. I have seen so many different health professionals but Kourtney is the only person who has looked at my lifestyle habits, my background, and all the in betweens to come up with the perfect plan for me, that actually worked. She even took into account that I struggled with disorderly eating in the past and assessed that into creating my protocol. If you are on the fence about taking this step - just do it! It will change your life! "- ***Taylor Y., The Health Reset Journey***

GRACE'S STORY

I wanted to work with Kale Diagnostics because I felt like I had reached a standstill in my health. I thought I was doing all the rights things, but I kept having painful periods, low energy, zero libido, and extreme anxiety. Also, my husband and I really wanted to try for a baby soon, so I wanted to make sure my body was ready. When we first began working together, I got a thyroid test done and Kourtney confirmed my body was not in a good place for me to confidently try to conceive. BUT —after 5 months of implementing their protocols, all of my hormone levels are now in an AWESOME place, my energy is high throughout the day, my anxiety is nearly gone + I know how to help it, and my libido is also coming back slowly but surely. I am so incredibly thankful for Kourtney's guidance and for the peace of mind I now have that my body is ready to carry a baby. I also have so much new learned information that I will continue to implement into every day for the rest of my life!!! If you are struggling with your health, I highly recommend 1:1 help. Also, Kourtney is so personable and truly cares. Her kindness + approachability makes working with her so enjoyable and peaceful. HIGHLY RECOMMEND! - ***Grace F., Diving Deep To Heal***

AFTON'S STORY

"I started working with Kale Diagnostics when I was about 8 months postpartum. Before pregnancy I struggled with having regular cycles after coming off HBC, years of digestion issues and chronically restricting foods through paleo diet in order to chase and help symptoms. I came to Kourtney hoping she could help me regain healthy hormones, help me to solve digestion issues once and for all and to stop the hamster wheel of restriction that left me depleted and fatigued with such a bad relationship and fear of certain foods. After 7 months of working, I have regained a monthly pain free cycle, healed my chronic gut issues and no longer restrict foods I always loved like dairy, juices, grains and so much more. Food is enjoyable again and I feel nourished and better than I have in years! I am indebted to Kale Diagnostics for their personalized care these past few months. She (Kourtney) is so diligent and thorough and I felt supported by her every step of the way. I will no doubt be coming back to work with her in the future! If you have been on a similar hamster wheel of restriction with chronic issues that don't seem to be getting better, reach out to Kourtney, she is a God send!" - ***Afton P., The Health Reset Journey***

DANIELLA'S STORY

"I just wish I would have started working with Kale Diagnostics from the beginning! After having my first child, my health started going down hill fast. I worked with some other practitioners and my health actually worsened! Within the first couple weeks of working with Kourtney, I was already feeling better- I was able to add foods that have given me troubles for years! I have loved working with Kourtney, and I can't say enough good things about her! I've still got things to work on, but Kourtney has given so much HOPE along with the practical, protocols, etc. I'm so grateful for her and all her wisdom and teaching!" - ***Daniella W., Diving Deep To Heal***

NIKKI'S STORY

"I started working with Kale Diagnostics because I had some lingering health issues that just weren't budging. I had worked with a functional medicine doctor on my thyroid and some other things, but unfortunately I was never really taught how I should be eating and just took a bunch of supplements. I choose Kale Diagnostics because I loved their focus on food and lifestyle for healing. Kourtney's support was huge for me as I was diving into the plan. Being able to share my journey and get feedback / help right away was crucial to success for me. I have so many improvements in my overall energy, wellbeing, and gut health since working with her. I feel like I finally really know how to eat. I don't feel restricted or like I'm on a diet, but really just eating what is good and nourishing for my body. Although I am still on my journey I believe Kourtney really handed me a ton of tools to be able to continue my healing and I'm so so happy I'm doing it from a more healed place. I would recommend working with Kale Diagnostics no matter where you're at on your health journey. They teach you how to eat whole and nutritious food while supporting your body in the things it needs. Each plan is individualized so it fits exactly what you are needing. The support, knowledge, and tools you gain are worth every penny. And Kourtney herself is so sweet and amazing so if you're on the fence...DO IT!!!" - ***Nikki B., Health Reset Journey***

JILLIAN'S STORY

"We had been trying to conceive for 18 months and decided to walk away from fertility treatments. I dove into research about getting pregnant naturally with PCOS, and that's when I found Kale Diagnostics ! She (Kourtney) created a meal plan for me, specific supplements, and I felt like I was finally on the right track! I started working with her in January, and at the end of February....I got a positive pregnancy test!!! I could hardly believe it. We are so thankful to Kale Diagnostics for her help! Our lives are forever changed, and we can't wait to meet our little one! If you are dealing with PCOS, I highly recommend working with Kourtney! She is a wealth of knowledge, and I have learned so much from her!" - ***Jillian M., Diving Deep To Heal***

ECHO'S STORY

"Working with Kale Diagnostics finally gave me answers in terms of what was actually going on with me. I went to numerous doctors who told me I must just have anxiety but I knew it was so much deeper than that. Kourtney listened to me and treated me like my problems actually mattered! I went from barely being able to get out of bed to back to having energy and living my normal life. I could have never figured out what nutrition to eat and what supplements to take without her help and THAT is priceless! Thank you for helping me feel better Kourtney!" ***Echo R.,- Health Reset Journey***

for more client stories, check out kalemekourt.com

If you are ready to transform your health, continue to the next page to set up an info call, or book your package.