



Dr  
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Functional & Nutritional Medicine

# Root-Cause Nutrition & Functional Reset

Personalized Functional Medicine & Nutrition Program

Many people come to our clinic after years of persistent symptoms—fatigue, brain fog, digestive issues, hormone imbalance, inflammation, anxiety, or feeling that something is “off,” despite being told that routine lab tests are normal. This program was created for individuals seeking deeper answers and a personalized approach.

## How This Program Is Different

This doctor-led program uses advanced functional medicine testing and personalized nutrition to identify underlying imbalances and guide step-by-step interventions over time. Results are analyzed gradually and recommendations are implemented in phases, allowing your body to adapt without being overwhelmed.

## Program Structure

Visit 1: Comprehensive Functional Medicine & Nutrition Intake

Visit 2: Root-Cause Functional Lab Interpretation

Visit 3: Response, Refinement & Systems Expansion

Visit 4: Personalized Functional Nutrition Roadmap

## Nutrition Is Central

Nutrition is a foundational component of this program. Care is provided by a doctor trained in nutrition and lifestyle medicine, holding a Doctor of Public Health (DrPH) and Master of Public Health (MPH) degree, Certified Nutrition Specialist (CNS) credential, and licensed on Guam as a Licensed Nutritionist (LN). Nutrition recommendations are personalized, evidence-based, practical, and adjusted over time based on your response.

## Why a Nutrition-First Approach Matters

Nutrition influences key systems evaluated in functional medicine, including metabolism, inflammation, gut health, hormone signaling, detoxification, and cellular energy production. Addressing nutrition first helps interventions become more targeted, effective, and sustainable over time.

## What Happens After the Program

At the conclusion of the Root-Cause Nutrition & Functional Reset, you will receive a clear summary of progress, remaining priorities, and a personalized roadmap for next steps. Some individuals transition to periodic follow-up visits for continued guidance or optimization, while others return to their primary care provider with a clearer understanding of their nutrition, triggers, and health patterns. The goal is for you to leave the program with clarity, confidence, and a sustainable plan tailored to your needs.

## **Program Investment Overview**

Base Program Investment: \$3,500

Includes four doctor visits, Organic Acids Testing (OAT), IgG Food Sensitivity Testing, personalized interpretation over time, nutrition and supplement planning, written summaries, limited clinical messaging, and priority scheduling.

Program participants receive preferred program pricing on supplements and additional functional testing during the program period to support consistency and follow-through.

After completing the program, patients may choose to continue with periodic maintenance visits or ongoing care based on individual needs and goals. Ongoing care is optional and designed to support long-term stability and optimization.

## **Who This Program Is For**

- Individuals with persistent symptoms despite normal routine labs
- Those who want a structured, root-cause approach rather than isolated visits
- Patients interested in personalized nutrition and functional testing
- Individuals willing to engage in a guided, step-by-step process

## **Who This Program Is Not For**

- Individuals seeking a single visit or quick fix
- Those unwilling to complete recommended testing
- Patients looking for urgent or emergency medical care
- Individuals not ready to engage in nutrition and lifestyle changes

## **Outcomes-Oriented Focus**

While individual results vary, the goal of this program is to help patients gain clarity around root causes, improve symptom stability, reduce reactivity, and leave with a clear plan they can confidently follow.

## **Additional Targeted Testing (When Clinically Indicated)**

Amino Acid Testing: \$550

Digestive Function Testing (GI Effects): \$850

Adrenal Hormone Panel (DUTCH): \$400

Sex Hormone Panel (DUTCH): \$400

## **Advanced Precision Optimization (Selective)**

Nutrigenomics Testing: \$600

DNA Methylation Testing: \$850