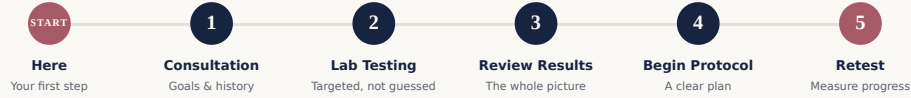


ROAD MAP TO FUNCTIONAL HEALTH

FUNCTIONAL HEALTH FOR ATHLETES

THE JOURNEY



When a protocol wraps, we retest to confirm your progress — then fine-tune from the foundation up. Health is maintained, not just achieved.

THE HIERARCHY OF HEALTH

We build according to the body's needs and the way it works — a systematic protocol where each level supports the ones above and below it.

Start with the basic labs you might already have from your primary-care doctor; put your insurance to work and bring them in. If you don't have them, we can order them for you.

Then test 1 Cortisol / DHEA → 2 GI → 3 Nutrients — all at once or one step at a time.

01

START · BASIC LABS

Integration

Basic labs you likely already have — bring them from your primary-care doctor and let your insurance do the work. Covers thyroid, sex hormones, cholesterol balance, immune markers, and liver & kidney function.

LABS YOU MAY ALREADY HAVE

- Cholesterol panel
- Thyroid
- Estrogen / Testosterone
- CBC & Metabolic Panel

02

TEST 1

Adrenal & Stress Response HPA AXIS

Supports healthy cortisol / DHEA balance, immune resilience, and steady blood-sugar & metabolic regulation.

WE MONITOR

- Dysregulated cortisol patterns
- Reduced immune resilience
- Gut-lining stress

03

TEST 2

Gut Health ABSORPTION + REPAIR

Improves nutrient absorption, supports detoxification pathways, addresses microbial imbalances, and supports the intestinal lining.

WE MONITOR

- Microbial imbalances (infections)
- Intestinal permeability
- Food sensitivities
- Intestinal inflammation

04

TEST 3

Nutrients THE FOUNDATION

The raw building blocks — vitamins, minerals, amino acids, and fatty acids — fueling hormones, the gut, neurotransmitters, detox pathways, and mitochondria.

↓ EVERYTHING RESTS HERE

WE MONITOR

- Amino-acid deficiency
- Fatty-acid imbalance
- Mitochondrial impairment
- Oxidative stress

CHOOSE YOUR PATH

SELF-GUIDED PROTOCOL

Drive it yourself

Starting at \$400

Scaled to the testing you choose

- Consultation + targeted labs
- Follow your protocol independently
- Per call / per visit

Pricing varies with recommended or requested testing.

COACHED PROTOCOL

A proven path, guided

Custom

Built around your goals

- Education & training calls
- Long-term success tools you keep
- A clear path to your goals
- Calls & questions included

Dr. Daniel W. DeWalch, D.C., CFMP

FUNCTIONAL HEALTH FOR ATHLETES

Logan Crofford, CFHC

CERTIFIED FUNCTIONAL HEALTH COACH