



Women's Health

Get your health back and embrace the
life you deserve.

*"Life-changing support and help" for purpose-driven
women who want to be well.*

Woman...

Do you ever feel like you've lost your way? That your potential... your connection with self... your happiness, and your health... is trapped behind layers of physical and mental "stuff" that you just can't shift?

When you live with...

- A chronic medical condition involving dysfunctional gut or hormone health
- Autoimmune disease
- Symptoms your doctor can't explain (or an explanation that doesn't make sense)
- Complex diagnoses that drain your future of possibility
- A nagging sense of disconnection or confusion about your path

...it's difficult to feel confident, deserving, or happy. To ask for what you need, especially if you're not being heard. To believe that you have a true and vital purpose on this Earth that is bigger than your current health problems.

And sometimes, it's even difficult to convince medical professionals that the problem isn't "all in your head."

Woman, I'm here for you.

And I'm listening.





Hi, I'm *Stephanie!*

I'm an integrative functional dietitian, women's health expert, and feminine embodiment guide.

I help purpose-driven women transform their health — and their lives — using a unique blend of proven clinical and holistic approaches.

I'm here to herald a new way of being. To help you to connect with a greater force — call it God, Source, or Spirit — that holds you and supports you in living your best life. I want to empower you to become an ever freer, fuller expression of yourself, mind, body, and soul. And to show you it is possible to experience real wellness. So that you can embody radiant good health and live in full reverence for your incredible female body.

Whatever your starting point.

It's time to take back
your power.



Perhaps you're here today because you are tired of living in conflict with your body. You might be drained by debilitating physical symptoms. Or maybe there's nothing specifically "wrong." Nothing you can put your finger on. You're simply longing for a deeper sense of purpose and direction.

Either way, if you feel overwhelmed, confused, and disembodied, that's okay.

It's not your fault.

The pressure and conditioning of our patriarchal society create a spiritual vacuum. What's more, we're resigned to the fact that specialists and practitioners often dismiss our problems with zero actionable solutions or advice. It can sometimes feel like our only option is to lose hope, shrink back into our symptoms, and give away our power.

It doesn't have to be this way.

You can get well.

You can find your way back to you.

"Life-changing support and help!"

I worked with Stephanie for 6 months. Her guidance on nutrition, lifestyle, and stress management helped me feel in control of my health. She creates safe spaces for women to heal! Could not recommend her services enough!"

— Arianna.

Do you *want* to be well?

I guess that seems like a strange question. Especially since you're here, exploring whether I can help you heal.

But modern life has us addicted to stress. We keep ourselves busy to feel important, and we keep ourselves small to feel safe.

So it may be worth asking yourself... Is there a chance that there's something in your subconscious that is keeping you sick? Is there a deep-rooted belief that could be preventing you from taking that first step toward wellness?

Do you believe it's possible to get well?

I do.

I believe that the body has an inherent capacity to heal itself. But for this to happen, we must give it the right nourishment.

Lasting wellness requires deep body wisdom and fierce self-compassion. And through connecting with God, it becomes possible to reclaim your innate worthiness — so that you feel resourceful and confident when it comes to your health.

When you make a decision to devote yourself to wellness, what happens next is transformational.

On the road back to health, you will become the woman you always dreamed you'd be.

I believe that you have everything you need already inside you.

And that you're here today because this is your time.

You're ready.

You want to be well. You believe in the possibility of change. And I'm here to help.



What it's like to *work with me?*

Here are just some of the tools I use to support you on your path...

Functional nutrition testing/functional medicine

We'll get to the bottom of your physical symptoms by examining your history, health conditions, and lab results (current and previous) to uncover the root cause of your symptoms.

Natural interventions

I'll show you how to integrate nourishing lifestyle modalities that will support your long-term health and happiness.

Self-reflection

I'll support you as you go inward to ask difficult questions and face yourself with honesty and compassion. You will get to know yourself on a deeper level and learn to embody self-love and acceptance.

Feminine embodiment

If you've been in conflict with your body for some time, it's likely you've lost touch with your intuition. I'll teach you to reconnect with your body and tap into your body's wisdom so you can reclaim the immense truth and power that is already within you.

Connection and purpose

I'll help you cultivate daily devotional practices (devotion to self and God) so you can



anchor deep into your truth and surrender to the flow of life.

Plus, I'll be your cheerleader as you step into a commitment to become the best version of yourself. Because who you BE is integral to getting what you desire, to feeling your best, and to living the life of your dreams.



How Does It *Work?*

My team and I work with women for a minimum of 3 months. The investment is between \$1500 and \$2000 a month. (If you want a gentle introduction, I also offer a 6-week mentorship program. We can discuss the best path for you before you decide.)

The process includes:

- A comprehensive 90-minute initial consultation
- Any necessary lab testing plus interpretation of historic lab results
- Regular one-on-one Zoom sessions
- Personalized nutritional targets and progress tracking
- Analysis of health data (sleep, exercise, etc.) to optimize your wellness
- Support between sessions via a secure, HIPAA-compliant messaging platform

Plus, where needed, I collaborate with your healthcare team as a fellow clinician.

I use a holistic approach that weaves together all the necessary elements for physical, emotional and spiritual wellness. And I'm deeply committed to helping you achieve your health goals and begin realizing your dreams.

Even if you don't have physical symptoms, you might be surprised how much more life is available to you when you have the courage to commit to yourself and your true purpose.

So, it's time to ask that question once more.

Are you ready to receive your best health?

Do you dare to claim your worthiness and expansion?

Will you honor your spirit and the unique purpose you have here on this Earth?

Do you want to be well?

I believe you do.

And my heart is waiting for your answer.



If you're ready to greet me with a great big "Yes!" click the button below to book a call.

To support your commitment to yourself, the fee for this initial 45-minute consultation is \$35.

I'm so looking forward to meeting you!

YES! I'M READY. LET'S DO THIS!

“Stephanie literally saved my life.”

“Stephanie literally saved my life. My story started with an autoimmune reaction to a shot in 2011 when I was 42 years old. I became allergic to foods, skin care products, scents and more... My daily diet consisted of mostly a liquid protein shake. I started to work with Stephanie in 2018. She had a strong conviction that I could heal with good nutrition. Stephanie would explain the scientific basis for each food, habit or supplement. She was my support system as I implemented changes. She utilized functional tests to create solid hypotheses for my doctors. This led to many breakthroughs in my health. Today, my digestive system works better than ever before. My allergic reactions are reduced. I am grateful for Stephanie's expertise, tenacity, and moral support.”

— Carla.

Let's stay in touch!

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