

IGNITE YOUR HEALTH



I am Dr. Lisa Watson, naturopathic doctor, women's health expert, and founder of Hot Mess Wellness, and I'm on a mission to fire up women. Fired up women bring their whole self to their lives, their families, their work – they are forces of nature doing amazing things in the world.

Fired up women don't accept mediocrity from themselves – or their health. They are striving to be better, not perfect, but better. They are excited to move from being a hot mess to being in a state of pure wellness.

My role in your journey is to act as a catalyst, and a guide. To help women find their way on their journey to wellness, and to **IGNITE** their enthusiasm, their drive, and their capacity for wellness.

INTERVIEW

The initial meeting, where we determine if we are aligned in our philosophies and goals. A chance to see if my approach will help you to achieve the transformation you desire.

GATHER INFORMATION

The first full consultation, between 75-90 minutes in length, where you tell me your story, we review your symptoms, goals, health history and lifestyle to identify obstacles and desired outcomes.

NAVIGATE

Together we develop a road map, a way of navigating through your stages of care. What are the next steps we need to take to achieve your transformation? How will we measure success and make adjustments along the journey?

INVESTIGATE

Typical lab testing casts a wide net to identify imbalances in the body. With functional medicine testing we go deeper. We seek to identify imbalances not just in blood levels of disease markers, but in function of the different systems of your body. We may do a variety of tests, or none at all. It is completely individualized for you.

TEAM BUILDING

Integrative medicine incorporates the expertise of many different disciplines to improve patient outcomes. Whether you need a physiotherapist, chiropractor, counselor or coach, we'll work together to build your team.

EVALUATE & EVOLVE

From questionnaires to functional lab testing, over time we need to measure your success and evolve your plan to ensure we are moving steadily towards your goals. At all stages you will understand how success is being measured and when changes need to be made to optimize progress.