



DaVincii Functional Health Coaching

Personalized wellness guidance that transforms intention into lasting action. Your journey to sustainable vitality starts here.

Partnership, Not Prescription



You don't have to figure this out alone. We specialize in translating complex functional medicine into practical, sustainable strategies that fit your real life. Our board eligible Functional Health Coach and Wellness optimization guide Karen is here to support you with:

A Physician Assistant and M.D. managed partnership of Science-backed guidance and compassionate accountability.

Your path to better health starts here — a personalized concierge health team guiding you on nutrition, lifestyle optimization, stress resilience, smarter supplementation, anti-aging strategies, and the habit shifts that make it all stick.

Is This For You?



Feeling Overwhelmed

Conflicting wellness information has you spinning. You need clarity, not more confusion.



Seeking Quality Guidance

You want to know which supplements are worth your investment and which brands you can trust.



Ready for Upgrades

You're committed to measurable improvements in sleep, energy, movement, and stress management.



Wanting Real Change

You've started plans before but need structured accountability to make habits actually stick and build healthy habit stacks.



What We Work On Together

Strategic, personalized support across the pillars of functional wellness — tailored to your labs, lifestyle, and goals.

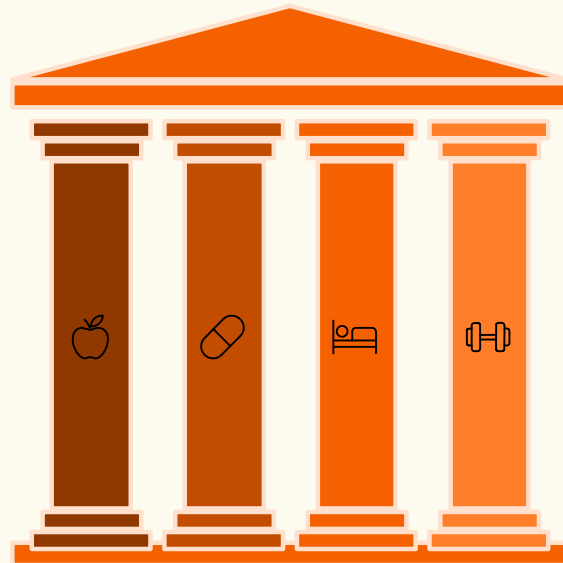
Your Comprehensive Wellness Strategy

Nutrition

Evidence-based, sustainable eating

Sleep

Consistent routines and quality rest



Supplements

High-purity choices and dosing

Movement

Strategic activity for mobility and strength

Nutrition Optimization

Evidence-based eating strategies that feel sustainable and support your metabolic health.

Supplement Navigation

Guidance on high-purity brands, proper dosing, and investing wisely in what your body needs.

Lifestyle Performance

Sleep hygiene, movement programming, stress tools, and practical bio-hacking support.

Beyond Information: Implementation



Assess

We review your current habits, labs, goals, and lifestyle constraints to create your baseline.



Implement

You take action with structured guidance, practical tools, and consistent support every step.



Strategize

Together we build a personalized action plan with clear priorities and realistic milestones.



Optimize

We track progress, adjust strategies, and celebrate measurable wins as you transform.

The Result: Transformation You Can Feel

From Confusion to Clarity

Finally understand what your body needs and why it matters - no more guessing or googling.

"Clarity replaces confusion. Structure replaces overwhelm. Action replaces stagnation."

Functional Health Coaching bridges the gap between information and transformation. You gain confidence, measurable progress, and sustainable habits that serve your long-term vitality.

Small shifts. Consistent action. Lasting change.

FLEXIBLE OPTIONS

How Coaching Fits Your Journey



Stand-Alone Service

Begin with personalized coaching as your foundation for sustainable wellness transformation.



Integrated Support

Enhance your Functional Health and Integrative Medicine programs with ongoing implementation guidance.

Whether you're just beginning your wellness journey or optimizing an existing protocol, Karen provides the partnership and accountability you need to succeed.



Ready to Start Your Transformation?

Stop guessing. Start optimizing. Your personalized wellness strategy awaits. Call us TODAY!

[Book Your Consultation](#)

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