

# Elizabeth Smoots, MD

## Health Coach

Functional Medicine Certified Health Coach  
National Board Eligible Health & Wellness Coach

***What is a health coach? A health coach is a trained professional who partners with you to help you fulfill your health goals and desires.***



Elizabeth's coach approach includes:

- Phone/video chat from your home or office
- Coaching via phone, tablet, laptop, desktop
- Customized and confidential sessions
- Health and wellness information
- Simple steps with you in the driver's seat
- Partnering with you in your health journey

Elizabeth's specialties include:

- ✚ Allergies and sensitivities to pollens, foods
- ✚ Chronic health conditions
- ✚ Any aspect of health or well-being
- ✚ Optimal living & disease avoidance
- ✚ Healthy lifestyle education:
  - ✓ Food plans, healthy eating, weight loss
  - ✓ Joyful movement and physical activity
  - ✓ Stress reduction
  - ✓ Mind/body relaxation techniques
  - ✓ Restful sleep
  - ✓ Positive relationships

**Do you need a personal health coach? Make an online appointment with Elizabeth today.**

***Working Together for a Healthier You.***

**[www.drsmoots.com/healthcoach](http://www.drsmoots.com/healthcoach)**