



SUPPORTING THE IMPLEMENTATION SIDE OF CARE

Wellness Coaching for Patients Navigating Chronic Symptoms, Lifestyle Change, and
Complex Health Recommendations and Protocols

About My Work

Many patients seek care from integrative, functional, and naturopathic providers because they are looking for answers to persistent symptoms that continue to affect their quality of life.

They often leave appointments feeling hopeful and motivated, armed with valuable recommendations, lifestyle changes, nutrition plans, supplement protocols, and wellness strategies designed to support their health.

Yet knowing what to do and consistently doing it are often two very different things.

Patients frequently feel overwhelmed by the number of changes they are being asked to make, uncertain where to begin, or discouraged when life gets in the way of their best intentions.

My role is to help bridge the gap between recommendations and implementation.

I work alongside healthcare providers—not in place of them—to help patients create realistic plans, develop sustainable habits, navigate obstacles, and consistently implement the lifestyle practices that support their health goals.

The Implementation Gap

Many patients say things like:

- "I know what my doctor wants me to do, but I don't know where to start."
- "I understand the recommendations, but I can't seem to stay consistent."
- "I feel overwhelmed trying to change everything at once."

- "I start strong, but I always fall off track."
- "I know stress is affecting my health, but I don't know what to do about it."
- "I have all the information, but I need help putting it into practice."

This is often where coaching can provide meaningful support.

Common Challenges Patients May Experience

Many of the individuals I support are navigating:

- Chronic fatigue and low energy
- Autoimmune-related concerns
- Digestive issues and food sensitivities
- Brain fog and difficulty concentrating
- Sleep disturbances
- Chronic pain or inflammation-related symptoms
- Stress-related physical symptoms
- Burnout and nervous system overload
- Difficulty maintaining healthy routines
- Frustration after trying multiple approaches without lasting success

How I Support Patients

Through a personalized coaching partnership, I help patients:

- Implement physician-recommended lifestyle changes
- Navigate elimination diets and nutrition protocols
- Develop meal planning and grocery shopping strategies
- Create sustainable daily routines
- Build sleep and recovery habits
- Implement stress-management practices
- Track symptoms, energy, and lifestyle patterns
- Improve accountability and follow-through
- Identify obstacles interfering with progress
- Create realistic action plans that fit daily life
- Build confidence and self-trust throughout the process

Rather than focusing solely on information, coaching focuses on implementation, consistency, and sustainable behavior change.

Ideal Referral Patients

Patients may benefit from coaching when they:

- Are motivated to improve their health but struggle with follow-through
- Feel overwhelmed by treatment recommendations or lifestyle changes
- Need support implementing nutrition, recovery, or stress-management practices
- Have difficulty maintaining consistency between appointments
- Want accountability and structure
- Are navigating chronic symptoms and seeking additional support
- Have received recommendations but need help turning them into daily habits
- Understand what needs to change but struggle to make those changes stick

Examples of Patients I Support

A patient who has been advised to follow an elimination diet but feels overwhelmed by meal planning, grocery shopping, food preparation, and implementation.

A patient experiencing fatigue, digestive symptoms, inflammation, or other chronic concerns who has received multiple recommendations but struggles to know where to begin.

A patient who understands the role stress may be playing in their health but has difficulty implementing consistent recovery and stress-management practices.

A patient who repeatedly starts lifestyle changes but struggles to maintain them long enough to experience meaningful results.

A patient who wants to improve sleep, energy, nutrition, and overall wellbeing but needs support creating sustainable habits and routines.

The Distinction Between Healthcare and Coaching

Healthcare Providers:

- Diagnose and treat medical conditions
- Order and interpret laboratory testing
- Develop treatment plans
- Prescribe therapies, medications, and supplements
- Provide clinical oversight and medical expertise

Wellness Coaching:

- Supports implementation of recommendations
- Helps patients build sustainable habits
- Provides accountability and follow-through support
- Assists with behavior change and lifestyle integration
- Helps patients navigate real-life obstacles
- Encourages consistency between appointments

These roles are complementary and designed to help patients successfully implement and sustain the recommendations provided by their healthcare team.

What I Do Not Do

To maintain a clear distinction from healthcare practice, I do not:

- Diagnose medical conditions
- Prescribe medications or supplements
- Modify treatment plans
- Provide medical advice
- Interpret laboratory results as a healthcare provider
- Replace medical care

When medical concerns arise, clients are encouraged to consult their physician or healthcare provider directly.

Coaching Partnership

Private coaching begins with a three-month partnership designed to create meaningful momentum and support sustainable change.

Together, we focus on the areas of health, wellbeing, lifestyle, and recovery that need the most attention while developing practical strategies that fit the client's real life.

At the conclusion of the initial partnership, clients may choose to continue with an additional three-month coaching engagement or transition to ongoing monthly support.

About Krystal Roberts

Krystal Roberts is a Transformational Nutrition Coach, AIP Coach, and Wellness Coach who specializes in supporting women experiencing chronic symptoms, autoimmune-related concerns, stress-related health challenges, and wellness issues.

She helps clients better understand how lifestyle patterns, stress, recovery, nutrition, and daily behaviors may influence their wellbeing while creating practical, sustainable changes that support greater balance, energy, regulation, and quality of life.

Many of the clients she serves are navigating chronic symptoms without clear answers, implementing recommendations from healthcare providers, or seeking additional support as they work toward meaningful improvements in their health.

To learn more or discuss a potential referral:

Website: www.growingupstreamwellness.com	 The logo for Growing Upstream Wellness Coaching features a stylized pink and white circular graphic on the left, resembling a flower or a sunburst. To the right of this graphic, the words "Growing Upstream" are written in a large, elegant, cursive script. Below this, the words "WELLNESS COACHING" are written in a smaller, clean, sans-serif, all-caps font.
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