

# Healthy Family Formula Client Handbook

INFORMATION +  
SUPPORT +  
EFFECTIVE, SUSTAINABLE  
PLANS =  
HEALTH RECOVERY

EVERYTHING YOU NEED  
TO KNOW ABOUT OUR  
PROGRAMS, SERVICES,  
AND SUPPORT

CARLA ATHERTON, DIRECTOR  
OF THE HEALTHY FAMILY  
FORMULA



*All information in this document is copyrighted and intended for educational purposes only. The materials below cannot be shared or distributed in any way without the express permission of HFF Director, Carla Atherton.*

©2021

# HFF DISCLAIMER

The Healthy Family Formula, a Lotus Health Project, represents opinions and educational content only and is not intended to constitute medical advice. The Lotus Health Project/Healthy Family Formula and all of our coaches and consultants operating under the HFF practice disclaims any and all liability for any content delivered through the Lotus Health Project/Healthy Family Formula and makes no warranties or representations, express or implied, as to the accuracy or completeness of the information contained or referenced therein. We present the current literature and research as accurately as possible yet do not claim to cure or treat any illness or disease. All users agree that all access and use of this program is at their own risk.

All materials are copyrighted and property of Carla Atherton and the Lotus Health Project. All rights reserved.

[www.healthyfamilyformula.com](http://www.healthyfamilyformula.com)



# Table of Contents

<b>HFF Mission</b>	<b>3</b>
<b>About the Healthy Family Formula Practice</b>	<b>5</b>
-Our Scope of Practice	5
-Steps to Becoming a Client (Intake Process)	7
<b>The HFF Coaching and Assessment Process</b>	<b>10</b>
-Coaching We Offer (Individual and Family)	10
-Lab Testing and Interpretation	12
-Group Coaching Details	12
-About Us: Our Coaches and Faculty	12
-Our Rates and Client Fees	14
-What's the Next Step?	14
<b>The HFF Toolkit</b>	<b>15</b>
-Assessment Tools	15
-Protocols and Healing Toolkits	15
-Helpful Educational Documents for Clients	16
<b>Concluding Comments</b>	<b>17</b>
-The Future of the HFF	17
<b>HFF Contact Information</b>	<b>19</b>
<b>HFF Resources to Further Your Health Journey</b>	<b>19</b>



# HFF Mission

Welcome to our practice!

We at the Healthy Family Formula acknowledge that chronic illness, malaise, and poor health are on the rise with fewer families feeling supported, in good health, informed, and free of dis-ease.

- ✓ People are feeling tired, overwhelmed, and under-supported without the proper knowledge and guidance they need to confidently manage their own healthcare and that of their children.
- ✓ Caregivers are feeling an intense level of burn-out due to stress, ill health, and the fast-pace of modern life.
- ✓ Children and adults are being diagnosed with chronic illness at alarming rates.
- ✓ Our elders are slipping through the cracks of our healthcare systems.
- ✓ People are looking for better care, more information, and increased support.

To address these needs, we at the HFF have created a one-stop shop for healthcare needs, where the information is gathered, distilled, and presented in a way that creates real change to family health. The Healthy Family Formula is a space for an empowering personal experience based on the following functional health and holistic care principles:

- ✓ Collaboration between the client and the healthcare professionals the client chooses to work with to:
  - Identify health challenges: their roots and contributing factors.
  - Create a clear, personalized plan to improve or maintain the client's health.
- ✓ Education through quality, cutting-edge information:



- Medicine is a science, and health is an on-going journey; therefore, we at the HFF highly value and present new information and current research.

✓ Support when needed and delivered in the best way possible:

- Everyone has different needs, and the HFF has a program and healing plan delivery model that is flexible and comprehensive.
- Support is offered in a variety of ways in order to enhance our clients' experience and increase their chance of success.

The Healthy Family Formula approach is based on a combination of functional/holistic nutrition and clinical functional/holistic medicine. We understand the body has a natural, innate ability to heal and maintain health if given the right tools.

We seek to empower families to build health through incorporating and executing lifestyle changes, nutritional therapies and protocols, and healthful habits in ways that are supportive, integrative, and paced so that the changes become permanent and lasting rather than quick and temporary. We aim to help families to move beyond coping and patching, from stress and burn-out, to a state of true health and vitality.

It's about time that we focus on health-care, not sick care. It's about time that people receive the healthcare that will make a truly positive impact on their lives. The Healthy Family Formula's mission is to help families to move from a space of powerlessness and uncertainty to feeling confident in family health decisions. Our mission is to revolutionize family health!

### **The HFF Mission in a nutshell:**

*In response to the dramatic decline in the health of our modern population, by way of our newsletter, speaking engagements, podcast, books, individual and group coaching, and practitioner training program, the Healthy Family Formula aims to turn this trend around, to elevate the health of our adults and children by reaching 1,000,000 families with support, services, and information, ultimately revolutionizing health one empowered family at a time.*



# About the Healthy Family Formula Practice

Founded and directed by family health expert, Carla Atherton, the HFF is a revolution in family health that offers support, education, and empowerment to families who find themselves in a health dilemma and are looking for answers, hope, and a solid plan for healing. We specialize in prevention, early intervention, as well as root cause resolution (finding and addressing the root rather than masking the symptom) and never shy away from chronic conditions and mystery symptoms. Rather, we plunge head-first into helping families overcome big challenges with fervour. At the HFF, we see a diagnosis not as the end, but the beginning of the healing process. Private coaching, group coaching programs, personalized healing plans, we have it all for any budget, any condition.

## Our Scope of Practice

Currently, we are embarking on a much needed new frontier of family healthcare, and with such a change requiring a drastic shift in how we view and address health challenges, we need to provide new definitions. Such is the case with family health coaching, for which current governing bodies do not have a clearly unifying definition or singular process to assess this growing industry. Therefore, each association, academy, or school that trains health coaches must create and provide their own definition of their training, clarify the duties of their health coaches, set and uphold the criteria required for their certification, and create a certification process for the health coaches they train and grant either certification or certificates of completion.

## What HFF Family Health Coach Practitioners Do

HFF Family Health Coach Practitioners provide suggestions, guidance, and recommendations based on their knowledge and personal assessment of their clients' individual situations.

HFF Family Health Coach Practitioners never claim to cure, treat, or diagnose disease, or to have the ONLY answers for clients but provide healing opportunities through information and support.



HFF Family Health Coach Practitioners do not prescribe any medication or supplement but may *suggest* supplements, herbs, natural compounds, lifestyle interventions, nutrition, or non-invasive natural treatments for the client's consideration.

HFF Family Health Coach Practitioners provide education and support to empower clients to make their own decisions, and any decision clients make regarding their own family's health is completely the client's responsibility.

HFF Family Health Coach Practitioners are not doctors nor do they claim to be, and their role is drastically different.

HFF Family Health Coach Practitioners help clients to uncover the underlying contributors to their health challenges and to provide opportunities to address those underlying contributors.

### **HFF Family Health Coach Practitioners' Goals**

HFF Family Health Coach Practitioners aim to provide opportunities for clients to reach their personal health goals.

HFF Family Health Coach Practitioners aim to provide opportunities to dramatically improve or completely eradicate symptoms and health conditions but do not claim to be able to produce any particular health outcomes.

HFF Family Health Coach Practitioners work with clients to improve all health conditions by providing opportunities to make the terrain (the body and environment) inhospitable to disease.

HFF Family Health Coach Practitioners aim for *healthcare* (not *sickcare*) and building whole-person health using precise, personalized strategies such as nutrients, nature, stress-reducing therapies, lifestyle interventions, and a mixture of functional principles and naturopathic methods.



HFF Family Health Coach Practitioners aim for root cause resolution and for clients to become empowered and in control of their own health.

## **Rules of Designation**

HFF Family Health Coach Practitioners do not claim to be doctors.

HFF Family Health Coach Practitioners' certification currently comes from the Healthy Family Formula and not from any outside governing body.

HFF Family Health Coach Practitioners do not claim to diagnose, treat, or cure any disease. Practitioners can use words such as “reverse” only in relation to providing *opportunities* for clients to reverse, heal, improve, their own health complaints or challenges.

All clients must read, sign, and date the [HFF Scope of Practice Client Waiver](#) before working with their HFF coach. Simply click “file”, then “download” and choose to download a PDF.

## **Steps to Becoming a Client**

**Step 1:** [Book a Meet and Greet with Carla Atherton](#), our Director, if you have questions or would like to discuss ways we can help.

**Step 2:** [Register with our practice](#) for FREE so that:

- ✓ We have your contact information
- ✓ You receive access to our online Client Membership Site where we house all programs, both free and paid (please watch your inbox for your login information)

**Step 3:** [Fill out your intake form](#).

**Step 4:** [Make your appointment with Carla Atherton](#) (if she is your coach) OR your HFF practitioner (you will be provided their information) at least 3 days



after completing your intake form. You will likely need to book a 1.5 hour initial consultation with your coach to go through your suggested healing plan, and plan to have *at least* one to four 1-hour follow-up appointments. You and your coach will decide on the frequency and number of follow-up appointments you will need as this is always an organic process and based on an “as needed” basis. It is at this step that you will receive your healing plan.

**Your healing plan may include:** lifestyle and nutritional suggestions, supplement options, therapies, testing and test interpretation, addressing environment, toxicities, infection, inflammation, and anything else that may be contributing to your current health challenges, as well as additional professional supports.

**Through your healing plan and coaching, you and your coach will ideally work through all of the following stages toward better health:**

**Reveal** what is harmful or is a causal factor for health challenges.

**Remove** these causal factors as you can.

**Restore and Re-inoculate** the body, nutrients and minerals, mitochondria, microbiome, and a balanced nervous system.

**Repair and Regenerate** damaged tissue, gut lining, blood brain barrier, organs, and spirit/mental health.

**Your plan will likely consist of the following components:**

- Physical/Nutrition
- Lifestyle (movement and exercise, sleep and rest)
- Environment (external and internal exposures)
- Stress Reduction (mind training, meditation, vagus nerve function)
- Mental/Emotional (mindset, thoughts, and beliefs)
- Spiritual/Creativity/Purpose
- Support/Community/Family
- Nature

Health is not a race, nor will any plan be a linear b-line to the finish line as there *is* no finish line, but a state of ease and wellness *most* of the time. Which is pretty darn good! The process to reach baseline can take months or years, depending on the area of the body affected and your current needs



and situation. But do not be daunted! There will always be improvement and often right away! Then once at baseline, the next stages may include sustainable maintenance, prevention, and supercharging health. So, let's get started!

**Step 5:** All clients must read, sign, date, and return via email the [HFF Scope of Practice Client Waiver](#) before working with their HFF coach.



# The HFF Coaching and Assessment Process

## What We Offer (Individual, Family, and Group)

Family and group coaching rates; identification of underlying causes and conditions; functional testing and interpretation; clear, personalized, actionable, integrative and holistic recovery plans; support throughout the recovery process; access to a variety of HFF-trained coaches and our many resources; the tools, support, resources, and empowerment to take the health of your family into your own hands.

We offer a combination of private and group coaching, beginning with an initial intake process, Initial Consultation, development of a Master Plan and first steps, followed by email check-ins, programs offerings, and private follow up sessions and/or group coaching sessions.

[Register FREE with our practice here!](#) (And follow the steps in the previous section of this handbook.)

## Areas of expertise and interest (but not limited to):

- Autoimmunity
- Type 1 Diabetes (and also Type 1.5 and brittle diabetes)
- PANDAS/PANS/Autoimmune Encephalitis
- Juvenile Rheumatoid Arthritis
- Celiac Disease and Non-Celiac Gluten Sensitivity
- Asthma, Allergies, Eczema, and Reactivity
- ADHD, Autism, Sensory Processing Disorder, Learning Disability
- Depression, Anxiety, Mental Health Disorders, Eating Disorders, OD
- Addiction
- Other Neurological Condition
- Obesity, Type 2 Diabetes, and Metabolic Disorder
- Untangling Mystery Symptoms, Complex Cases, and Co-Morbidities (having more than one condition)
- Mold Illness
- Multiple Chemical Sensitivity
- Lyme disease and co-infections
- Other Infection



## **Who we aim to help:**

- ✓ People who know that their own health challenges or their child's health challenges can be reversed.
- ✓ People looking to be empowered in their family's health journey.
- ✓ People ready to take the health of their families into their own hands.
- ✓ People ready to re-learn what they have been taught about health so they can blast off into a future of good health.
- ✓ People who've felt like no one can help them.
- ✓ People done with sickcare and ready for true health care.
- ✓ People looking for root causes, answers, and support.
- ✓ People in need of knowledgeable partners, sounding boards, and guides in their family's health recovery.
- ✓ People who want to work with practitioners who "get it" have "been there" and "done that."
- ✓ People who want to work with fearless advocates for their family's health.
- ✓ People who want to work with professionals who know a lot of stuff but are forever learning more.
- ✓ People who want to work with professionals who are caring, understanding, and work hard on their family's behalf.
- ✓ People who want to make a clear, actionable recovery plan and are ready and able to execute it (even if this scares them just a little bit).



## Lab Testing and Interpretation

When assessing contributing factors for your health complaints, your practitioner may suggest that we run some functional labs to get some answers as to what is making you unwell and also what we can suggest that you can do to recover. Once you and your practitioner decide on what labs are relevant, your practitioner will order the tests, and you will pay the labs directly. Lab testing, interpretation, and suggestions for addressing the lab results will be considered and recorded in your healing plan and discussed during your consultations.

### Labs we most often order from:

Vibrant America/Vibrant Wellness  
Neurologistics Corporation  
Precision Analytical (DUTCH Hormones)  
The Great Plains Lab  
And many more that we have access to...

## Group Coaching Details: What is it?

Group coaching is a health coaching session but with a small group of people rather than a private session. During the sessions, your coach either holds a Q and A session where a group of clients can ask questions regarding their health plans or introduces a set topic relevant to everyone in the group with 45 minutes at the end for Q and A about that specified topic.

What's so great about group coaching, and why would you want to do any of this with a bunch of strangers?

### Weeeell, group coaching provides:

- Affordability (less costly than private appointments)
- Support from coaches, faculty, and others in the group
- Collective of trained HFF coaches and faculty
- Community of like-minded people on a journey toward health
- Avoidance of coach burnout



- Improved outcomes
- Better response time
- Better organized plans
- Client/family empowerment and education
- The confidence and ability to take the health of your family into your own hands.

Group coaching sessions are NOT webinars but structured coaching sessions with an exchange between coach and clients. During these sessions, your coach will give you actionable steps to take after each session. Consider these sessions to be follow-up appointments with your coach.

Each client will receive a one-page summary of the session they have registered for and will be instructed on how to incorporate what they learn into their own Master Healing Plan.

### **3 Kinds of Group Sessions:**

1. Our General Group Sessions are available to all of our clients who have questions regarding their plan or health care. It is for all clients to be able to touch base with coaches as much as on a weekly basis who would like some answers in a group setting and want to save a bit of money on their follow-up sessions. Group sessions are just as informative but cost a lot less money than private follow-up sessions. These sessions are held on a regular basis and are entirely Q and A style with no specified topic and are restricted to HFF clients only.
2. Our Topic-Driven Group Sessions involve a 45 minute info session about a specific topic followed by Q and A. Same benefits as above but topic-related. Registration for these sessions is open to the public.
3. Our Extended Program Group Sessions involve a series of 45 minute info sessions about a specific topic followed by Q and A. Same benefits as above but topic-related where the topic warrants further and more in-depth coaching through that particular topic. Some Extended Programs are Healthy Mama, Healthy Baby; Tech Addiction; Mold Illness: Solutions and Healing; and Optimizing the Health of Children



and Teens with Type 1 Diabetes. Registration for these sessions is open to the public.

[Find our current schedule of group offerings here.](#)

Our lofty goal through our Private and Group Sessions is empowerment through affordable education and rock-solid support. We aim to create a revolution in family health and continue to build a community of people with that same mission.

## **About Us: Our Coaches and Faculty**

[Carla Atherton, Director of the Healthy Family Formula](#)

HFF-Trained Practitioners (See the Client Membership Site and the HFF website for a list of our HFF practitioners.)

## **Our Rates and Client Fees**

Please contact us for current rates.

## **What's the Next Step?**

Take 5 minutes to [register FREE to become an HFF client here](#). You do not pay to be registered but will be entered into our system. You will be sent the first email introducing you to our Intake Process and will be added to our occasional email check-in list and semi-regular newsletter. From there you will have the inside track on our services and coaching, and if you take the plunge and hire us to coach you privately or through our group sessions, you will be prompted to fill out the Intake Form and our partnership in your healing will begin. There is no obligation to become a paid client once you have applied to our practice.

If you want to learn more before you apply to our practice, [book your complimentary Meet and Greet Session](#) with our Director, Carla Atherton, if you have any questions.



# HFF Practitioner Master Toolkit

At the Healthy Family Formula, we don't use cookie-cutter plans for every person or family because we recognize that we are all different—every individual, every family, every community. But we *do* understand that there are foundational pillars to health (we all eat, drink, sleep, and move); we know which bad guys (the Usual Suspects) cause most ill health and discomfort; and we are aware of good strategies and practices that work well for most people to improve health. So, instead of creating rigid, unsustainable, and often ineffective protocols, we have created empowering HFF *Toolkits* from which families and practitioners can draw when seeking opportunities to create wellness. Your HFF practitioner will have access to the following and will use the tools in these toolkits in order to create your customized healing plan. These toolkits are not available to the public, but client versions are announced as they become available through our newsletter and our Client Membership Site.

## Assessment Toolkits

HFF Flagship Testing  
HFF Chronic Illnesses and Benign Conditions

## Protocols and Healing Toolkits

HFF Addictions with Substance Detox/Recovery Toolkit  
HFF Anxiety Toolkit  
HFF Autism and Neurosensory Toolkit  
HFF Autoimmune Toolkit  
HFF Bodywork/Movement Therapy Toolkit  
HFF Brain Balancing/Retraining/Rehab Toolkit  
HFF Cancer Options Toolkit  
HFF Caregiver Toolkit  
HFF Deep Dive Toolkit  
HFF EMF Reduction Toolkit  
HFF First Aid Toolkit  
HFF Gut Repair Toolkit  
HFF Heavy Hitters Practitioner Toolkit



HFF Holistic Healing and Therapies Practitioner Toolkit  
HFF Hormone Rebalancing Toolkit  
HFF Low Level Cold Laser Practitioner Toolkit  
HFF MCAS and Histamine Flare Practitioner Toolkit  
HFF Mental/Emotional Regulation Toolkit  
HFF Metal and Chemical Detox, Parasite, Bacteria, Virus, Yeast, Lyme and Coinfection, and Mold Toolkit  
HFF Nervous System/Mental/Emotional Regulation Toolkit  
HFF Neurodegeneration Toolkit  
HFF Pain Options Toolkit  
HFF PANDAS/PANS Toolkit  
HFF Primitive Reflex Integration Practitioner Toolkit  
HFF Raising Your Family Vibration Mini-Toolkit  
HFF Respiratory Toolkit  
HFF SIBO/SIFO/SIYO Practitioner Toolkit  
HFF Stress/Trauma/Vagus Nerve/Bad Day First Aid Kit Exercises  
HFF Special Diets Practitioner Toolkit  
HFF Supplement Superstars Practitioner Toolkit  
HFF Vaccination and Radiation Detox Toolkit  
HFF Your Natural Medicine Toolkit Part 1: Botanicals, Supplements, and Compounds—Supplement Guide (also in the [Family Health Revolution book](#) by Carla Atherton)  
HFF Your Natural Medicine Cabinet Toolkit Part 2: Therapies and Support Professionals (also in the [Family Health Revolution book](#) by Carla Atherton)  
HFF Your Natural Medicine Cabinet Toolkit Part 3: Therapeutic “Heavy Hitters”: Effective Traditional, Advanced, and “Alternative” Tools (also in the [Family Health Revolution book](#) by Carla Atherton)  
HFF Your Natural Medicine Cabinet Part 4: Deep Healing (also in the [Family Health Revolution book](#) by Carla Atherton)

## **Helpful Educational Documents for Clients**

[HFF Raising Your Family Vibration Toolkit](#)

[HFF Healthy Home Assessment Guide](#)

[HFF Curriculum The Challenge of Teaching Self-Care to Teens](#)

[HFF Curriculum Meeting the Challenge of Teaching Self-Care to You Children](#)

(another version of the above)

[HFF Curriculum Extreme Self Care for Parents](#)



# Concluding Comments

## The Future of the HFF

After considering all that has been presented by the HFF and the HFF training programs, it is clear that what we need and are developing is a new healthcare, a new way to support families wanting to get well and stay that way. The New Healthcare seeks to empower families to build health through incorporating and executing lifestyle changes, nutritional therapies, protocols, and healthful habits in ways that are supportive, integrative, and paced so that changes become permanent and lasting rather than quick and temporary. It aims to help families move beyond coping and patching—from stress and burn-out—to a state of true health and vitality. It's about time we focus on healthcare, not sick care. It's about time that families receive healthcare that'll make a truly positive impact on their lives.

### The New Healthcare should provide:

- ✓ Access to quality, researched information
- ✓ The help and guidance of knowledgeable supports
- ✓ Empowerment and autonomy in your own health and in the practitioner/client relationship
- ✓ Advocacy for your family's care and rights as a patient/client
- ✓ Respect for you and your observations, knowledge, and questions
- ✓ Natural methods of maintaining health and promoting healing
- ✓ Seeing you as a whole person, not forgetting the mental, emotional, spiritual, social, and environmental aspects of health
- ✓ A return to old wisdom while utilizing new discoveries
- ✓ A community of like-minded people on a similar path



- ✓ Help with organizing it all
- ✓ Follow-up care to mark where you've come from and where you're going next
- ✓ Troubleshooting and making adjustments
- ✓ Better access to your healthcare providers
- ✓ Your questions answered and concerns taken seriously
- ✓ A new way of looking at health using holistic principles and lifestyle medicine
- ✓ And last but not least, hope, encouragement, and a soft place to land.

The Healthy Family Formula and our trained coaches' intent is to uphold the values and goals of this new healthcare, to empower people with information so they can make the best health decisions for themselves. It is up to each person to listen to their inner wisdom, consider the information they deem to be accurate and applicable to their individual situation, and consult with their trusted healthcare providers, if they so choose, when making any decisions regarding their own health or the health of their loved ones. Each person's health is their own responsibility.



# HFF Contact Information

Mailing Address:

Healthy Family Formula

Box 45

Alvena, Saskatchewan

S0K 0E0

Canada

[clientcare@healthyfamilyformula.com](mailto:clientcare@healthyfamilyformula.com)

[www.healthyfamilyformula.com](http://www.healthyfamilyformula.com)

Director, Carla Atherton

306-291-2496

[Schedule an Appointment](#)

[HFF Client Membership Site Login](#)

## HFF Resources to Further Your Health Journey

Click on each image to learn more.

See more resources, toolkits, and publications on the HFF Website as they become available.

