Most frequently asked questions:

**Question:** What do you cover in a consultation or what to expect?

**Answer:** The consultation is broken into four parts;

1) Reviewing medical history, diagnosis, genetic predispositions, present lab tests and scans.

2) Scheduling additional lab tests to gather more facts about your health. See the price sheet to review available lab tests. Lab tests vary by client. These are the most popular:

   - Neuro Adrenal Expanded
   - Organic Acid
   - Food Sensitivity lab test
   - GI Effects stool lab test
   - Various Genetics Type lab tests
   - Advanced Lipid Panel
   - Advanced Antioxidant Panel
   - Blood Chemistry including thyroid

3) Developing a custom protocol to: Phase 1- Foundational Detoxification:
   - A. Opening detox excretion processes
   - B. Eradicating overgrowth bacteria, yeast, and parasites.
   - C. Breaking up and detoxifying toxins, chemicals, heavy metals, and biofilms that create other infections.
   - D. Balancing the Endocrine system, stress adaption and neurotransmitters.
   - E. Rebuilding the Digestion and Gastrointestinal Microbiome.

4) Custom dietary program based upon your health assessment.

**Question:** Do we take insurance?

**Answer:** No, we do not take insurance. However we always try to work within your budget to accomplish your health goals. Sometimes this means prioritizing supplements.

**Question:** How long is the consult?

**Answer:** Phone consults last up to 1 hour and include one week of follow-up questions. Office visits: Last 2 hours. Our team of experienced practitioners and life style educators will mentor you toward better health. Cost is the same.