

What's Involved During Your Consultation

Step 1. Medical History and Timeline

Presenting Symptoms Personal Timeline

Past Medical And Surgical History

Current and Past Medications

Known Allergies

Food and Supplement History

Step 2. Targeted Systems Review

Bowel Patterns

Energy Patterns

Sleep Patterns

Menstruation

Sexual Function

Psychological Function and Mood

Immune Function

Skin Condition

CardioRespiratory Function

MusculoSkeletal Function

Step 3. Meta-Health Screening

Toxicity Assessment

Organ Balance Assessment

Inflammatory Marker Assessment

Hormonal Assessment

Gastrointestinal Assessment

Nutritional Imbalances

Metabolic

Immunology

Endocrine
Genetic

Emotional/psychological

Step 4. Interpretation of Results

In-depth consultation explaining your results

Step 5. Creation of Personalized Treatment Plan

Step 6. Prescription of Treatment

Step 7. Follow-Up

In person or skype 30 minute consultation follow-up