

Blood Review & Nutritional Services

Medication Review: For anyone on medication

- All medications being taken including interactions and side effects
- Recommendation of a possible supplement to help support the patient while on their medications , reviewing the purpose and action of the supplements
- Example would be taking CoQ10 when taking a statin
- A report will be provided with all information obtained
- 1st appointment is 30 minutes long and costs \$75
- Follow up appointments one time per month, are 15 minutes and cost \$45

Nutritional Review: For all patients

- Consultation with the patient regarding their current diet, medications/supplements, exercise program, water intake, and review their overall goals and purpose for obtaining nutritional help
- I will provide the patient with a report, dietary recommendations, exercise recommendations, recipes, and possible supplements if necessary
- Consultations are scheduled for 20 minutes
- The initial appointment is 60 minutes and costs \$155
- Follow up appointments are every 2 weeks, are 30 minutes and cost \$50

Blood Work Evaluation and Review: For all patients with abnormal blood findings

- Patient questions regarding any prior history or symptoms
- Appropriate blood work will be requested
- Review all blood work in depth and provide the patient with a report explaining findings
- I will provide recommendations for supplements and dietary changes to help improve symptoms and blood work values
- Follow up blood work reviews 4 months from their initial appointment
- The initial appointment is 60 minutes and costs \$150
- Follow up appointments every 2 weeks, 30 minutes appointments and cost \$75

Functional Medicine Exam and Review: For chronically ill patients

- Functional Medicine Health History Form and obtain all medical documents prior to initial consultation being scheduled.
- Initial exam is scheduled 1 week from that date
- At the initial exam will be provided to the patient with all findings from the provided medical documents as well as recommended further testing, supplements, and dietary changes.
- The initial exam is 60 minutes and costs \$220
- Once the test results are obtained a follow up appointment is scheduled a week from that date
- During the report of findings an additional report will be provided explaining the test results as well as a treatment plan and any additional supplements and dietary changes if necessary
- The report of findings is 60 minutes and costs \$105
- Follow up appointments are every 2 weeks, are 30 minutes and cost \$75

Name: _____

Email Address: _____

Phone #: _____

Reason for Appointment:

Current Symptoms:

Medications: (names and dosage)

Current diet:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Snack:

Foods you dislike:

Food Allergies or Intolerances:

Water Intake:

Exercise:

Health Goal:
