

DESCRIPTION OF SERVICES & FEE STRUCTURE

Fees are based on complexity of conditions

Option 1 (3 sessions consisting of initial consultation, comprehensive consultation, and follow-up consultation)

INITIAL CONSULTATION (75-90 MINS):

The initial interview provides me with the information needed to develop a complete picture of your needs, lifestyle, and objectives.

Please bring the following to your first appointment:

- Listing of your current medications and supplements
- List of physicians and contact information
- Recent lab work

I will synthesize the information, including research as needed and design your personalized nutrition program.

Fee: \$300-350

COMPREHENSIVE CONSULTATION (60-75 MINS):

We will review your personalized program and the plan of action, including:

- Our goals
- Assessment
- Recommendations
- Nutritional supplement protocol (if required)
- Meal Plan
- Educational materials to help you succeed

Fee: \$200-250

FOLLOW-UP CONSULTATION(S) (45 MINS):

We will refine your program and plan. For those with chronic, long-term issues, more follow-up visits will be indicated.

Fee: \$150-200

Option 2

ONE SESSION VISIT WITH RECOMMENDATIONS (75-90 MINS):

Some circumstances and conditions lend themselves better to a combined initial and comprehensive sessions. Detailed, personalized recommendations will be emailed within 48 hours of the consultation.

Fee: \$425-475