

DESCRIPTION OF SERVICES & FEE STRUCTURE

Option 1 (2 sessions consisting of initial consultation, comprehensive consultation, and personalized nutrition plan)

Fee: \$600-700, depending on level of complexity

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. We will review your medical/health history, recent labs, diet, food frequency, sleep, exercise, and other lifestyle factors. I will provide you with initial steps to get started and outline any additional testing needed.

After that meeting, I will synthesize the information, including research as needed, consult with your physician on my treatment recommendations, and design your personalized nutrition program.

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

ADDITIONAL FOLLOW-UP CONSULTATION(S) (45-60 MINS):

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

Fee: \$200-250 per session

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: \$475-525

Payment:

For all sessions, payment is direct, and I will provide an itemized invoice which can be used for insurance reimbursement.

Payment Options:

- Zelle
- Check
- Credit card (4% fee added)