

# Health Optimization Plan for Root Cause Wellness

Do you suffer with:

**Fatigue  
Depression  
Anxiety  
Pain  
Hormone Imbalance  
Gut Issues  
Weight Gain**

Blood Serum Testing

\$400-\$500

Intracellular Testing

\$400-\$550

Genetic Testing

\$100-\$550

**Hormones:**  
Thyroid  
Progesterone  
Estrogen  
Testosterone  
IGF1

**Nutrients:**  
Vitamins  
Minerals

Get standard snapshot  
of your current blood  
levels.  
Good marker for  
overall health.

If you already have  
recent results,  
move right to  
intracellular testing

START HERE

**MicroNutrients  
Assay:**  
Vitamins  
Minerals  
Amino Acids

**CMA with Redox:**  
Vitamins  
Minerals  
Amino Acids  
**Antioxidants**

In depth look at current levels  
inside your cells.  
Treat these defeciciencies to fight  
MOST symptoms

Order test kit and  
get drawn locally  
2-4 weeks for  
results

**Consultation:**  
30 Min Telemed to  
go over major  
defeciciencies

Initial Consult: \$250  
Follow Up: \$150

Recieve  
Supplement and  
Food Nutrition  
Guide

Proper diet and  
execise are always  
needed

**Follow Ups**  
6 Weeks - courtesy call check in  
  
12 Weeks - 15- 30 minutes to  
discuss symptoms  
  
6 months - test again for  
defeciciencies and 30 minute  
follow up

Consider adding  
Redox for  
antioxidant levels  
at 6 months

Test and optimize  
blood hormone  
and vitamin levels  
after 12 weeks to  
6 months

Find out what types of  
vitamins your body can  
handle.  
This optimizes  
supplementation

If you already have  
results, move right to  
intracellular testing

**Many Genetic  
Panels:**  
Pro7  
Methylation  
23andMe

Usually a one  
time test

Symptoms should  
begin to resolve  
after first weeks to  
6 months.

**It is critical to stay on top of  
your defeciciencies by  
checking your intracellular  
levles every 6 months**