



SERVICES & FEES

FEE

NEW CLIENT CONSULTATION

\$75

This is the place to begin for all new clients. This visit can be done in person or over the phone.

In your consultation appointment, Dr. Christy will review your history with you, clarify your health goals, and make sure that the services that we offer will match your expectations and help you create a healthier body and life. She will explain more fully what we do and answer any questions you may have. Allow 30 minutes for this consultation.

DEFY YOUR DNA - JUMPSTART PROGRAM

\$325



After your initial consultation, the Defy Your DNA Jumpstart program is your first step in radically re-creating the health of your body and your life.

Our goal is to take the guesswork out of health and give you well-rounded support to ensure that you meet or exceed your health goals. To help keep things cost-effective, we have included 3 visits in this first loop to address the most important and effective components of healing.

YOUR 3 VISITS INCLUDE:

VISIT 1	<i>Your 1st visit includes a Bio-Survey with Dr. Christy. For your initial bio-survey, please bring with you all medications and supplements that you are currently taking. In this first visit, Dr. Christy will measure the stress of your organs and systems, measure the stress that various toxins are having on your body, and also will find natural remedies to bring your body back into balance. After your appointment, she will take some time to review your survey results to create a customized regimen for you. This visit also includes a detoxification footbath to begin the cleansing process. Allow 1 hour for this initial visit.</i>
VISIT 2	<i>Your 2nd visit will entail a complete Review of Findings with Dr. Christy. You will receive a detailed report outlining the areas of greatest stress in your system and you will receive your customized healing regimen. She will review it with you to answer any questions. During this second visit, you will have an opportunity to meet with our Nutrition & Lifestyle coach to make a plan on how to implement your new regimen into your everyday life and start creating healthier eating habits. Allow 1 hour for this visit.</i>
VISIT 3	<i>Your 3rd visit includes a consult with our Empowerment Coach to break through your emotional barriers and create new ways to manage stress. If appropriate, you can also meet with our Healthy Home coordinator to identify potential hazards in your home and/or discuss concerns about air and water quality.</i>

Our commitment is to be extremely upfront and fair in all of our communication. The total cost for these 3 visits and consultations is \$325. All visits except for the first visit can be done over the phone if this is more convenient for you. If travel is difficult, we do have the ability to test remotely, as we currently have clients all over the country. The only additional expense will be any supplements or remedies you may need.

REFINEMENT VISIT

\$125

Depending on your state of health, we usually schedule a Refinement Visit 60-90 days after your initial Bio-Survey. This visit includes a follow-up Bio-Survey with Dr. Christy and a bonus Nutrition & Lifestyle session with one of our coaches to help you overcome any roadblocks you may be experiencing along the way in taking supplements, diet, or exercise. After your coaching session, you will receive a detoxification footbath. Please allow an hour and a half for this appointment.

Depending upon your health status and goals, your roadmap may include additional support in empowering your body to effectively heal itself. Following are ala-carte services which can be used for added benefit to address the 3 steps in Defying Your DNA:

DETOXIFY

Detoxification Footbath/Far-Infrared Sauna Session

Individual Session: **\$50**

(pkg can be shared by family) **Pkg of 4: \$100**

Our medical-grade detoxification footbath has shown in clinical trials to improve and balance the body's energy while moving the lymphatic and circulatory systems to assist in cleansing the body of environmental toxins and heavy metals. You will be truly amazed to see and feel your toxins being released!

Your Detoxification package can also be used for Far-Infrared Sauna Sessions. The infrared sauna has proven to be extremely effective in detoxifying the body and boosting the immune system.

NOURISH

Many individuals benefit from frequent check-ins and continued refinement of their eating plan and lifestyle habits. To best support you, we have created 2 types of Nutrition & Lifestyle sessions to best meet your needs. These follow-up sessions can be done in-person or over the phone for your convenience.

60-Minute Nutrition/Lifestyle **\$150**

30-Minute Nutrition/Lifestyle **\$75**

60-Minute Customized Exercise Program **\$150**

ADAPT

Emotional wellbeing and physical wellbeing are interconnected, and we find that for many of our clients, once they receive some new tools to handle stress more effectively, their healing progresses much more rapidly. Our empowerment coach can help you overcome any emotional roadblocks that you may have and will give you practical tools that you can immediately use to create a life that is happy, joyous, and free.

Empowerment Coaching Session **\$150**

Pkg of 10 sessions: \$1000