

Comprehensive Lifestyle and Metabolic Coaching Program \$ 495.00 plus Lab Cost

The comprehensive assessment provides a foundational and more complete understanding of your overall health status, current symptoms, metabolic, dietary & lifestyle habits. This will include a **courtesy initial brief consultation**, review of Metabolic Assessment, Blood Chemistry and Dietary Analysis and Clinical Nutrition assessment, along with all personally designed dietary recommendations.

- Initial Lifestyle and Nutritional Consultation
- Metabolic & Lifestyle Questionnaire Review
- Functional Blood Chemistry & Dietary Analysis
- Clinical Nutrition Report & Assessment with Initial Recs
- Complete Dietary Recommendations pending lab reports and food sensitivity test.
- 2 Follow-up Consultations at 2 and 4 weeks. (30-Min)

Following your initial consultation you will be directed to complete our Metabolic and Lifestyle questionnaire and complete a 3-day dietary log. A review of your most current blood test will be performed (Functional Blood Chemistry Assessment) and a personal dietary guideline will be prepared and discussed during your follow up Lifestyle and Nutritional Coaching appointment.

Additional Specialty Lab Testing Available

Blood Chemistry Testing (General and Comprehensive) \$75.00 – \$ 195.00

Spectracell Comprehensive Vitamin and Micronutrient Test \$425.00 – Insurance Coverage Available

Includes Physician and Lab Report
30-Min Review/Consult Nutritional & Dietary Recommendations

ALCAT Food Sensitivity (Blood Serum) \$ 295.00-995.00

Includes Physician and Lab Report
30-Min Review/Consult Nutritional & Dietary Recommendations

Digest S/Parasitology (Stool.Urine) \$ 495.00

Adrenal Stress Index w/DHEA (Salivary) \$ 149.00

Neuroscience NeuroAdrenal Panel (Urine) \$ 495.00

Nutritional & Healthy Lifestyle Coaching \$ 149.00 (Per 30 Min) (Discounted Sessions Available)

Each hour purchased can be scheduled for 30 or full 60- minute sessions - this involves a brief discussion of current health challenge at home of the office, how to effectively manage and create balance. Dietary and nutritional options. Ideal exercise for body type and health goals.

Notes will be taken and a follow up email will be sent with a review of recommendations and **Next Step Action for Better Health and Stress Management for Balanced Life. Skype and phone consultation is available for those clients out of the Phoenix area.**

Prepay for 4 (30) Minute Coaching Sessions \$395.00

Purchase includes unlimited email follow-up and guidance.

Dr. Robert Xanthos, D.C., C.S.C.S., C.C.N.

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