



18230 FM 1488 #100 • Magnolia, TX 77354
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LIFESTYLE MANAGEMENT PROGRAM

The lifestyle management program is targeted for patients that are suffering medically due to anti-inflammatory issues, nutritional deficiencies, obesity, and other auto-immune disorders.

This program is comprehensive in nature and addresses medical history, stress management, nutritional deficiencies, physical activity plan, and in order to create a healthy lifestyle. The total cost for this program is \$395.

This program will include 3 parts:

- 1. Initial intake program- This one hour comprehensive interview is \$175.00.**
 - a. This appointment will cover:
 - b. The patient's individual and family medical history
 - c. A stress assessment, carbohydrate assessment, body mass index calculation
 - d. Mutual establishment of health goals and a general overview of the program.
- 2. Presentation of personal management- This one hour appointment is \$110.00**
 - a. This appointment will include:
 - i. A 7 day Nutrition Plan
 - ii. Recommendations on stress management, physical activity, necessary foods and supplements to address anti-inflammatory issues
- 3. Program accountability appointment- This is a one hour appointment is \$110.00**
 - i. This appointment will assess the patient's progress in the first few weeks of implementing their new lifestyle.

***Monthly follow up e-mails will be sent to the patient to at no extra cost.