

Nutritional Services

Dietary Evaluation

Daily Record of Food Intake (DRFI)

15 minute consultation focusing on what's right about your eating habits and what changes are recommended. You will be provided tools to help you improve your eating habits and to develop healthy eating habits that last a lifetime.

Customized Nutrition – Minimal

Evaluation of your nutritional status and recommendations based upon the following criteria:

- Symptom Survey form
- Iodine Patch Test
- Barnes Axillary Temperature test
- Saliva Test
- Daily Record Of Food Intake
- Toxicity questionnaire

Consultation to go over findings and recommendations.

Customized Nutrition – Basic (Available in office only)

Nutrition Exam

Evaluation of your nutritional status and recommendations based upon the following criteria:

- Symptom Survey form
- Iodine Patch Test
- Barnes Axillary Temperature test
- Saliva Test
- Daily Record Of Food Intake
- Toxicity questionnaire

Consultation to go over findings and recommendations.

Iodine Loading Test

24 hour urine test to determine iodine levels in your body. Includes test and consultation to review findings and recommendations.

Hair Analysis

Hair test with report of findings and nutritional supplement recommendations. Includes consultation to review report and recommendations.

Customized Nutrition – Minimal + Hair Analysis

Customized Nutrition – Basic + Hair Analysis (Available in office only)

Purification Program

21 day program to cleanse and nourish your body without ever feeling hungry. Receive daily e-mail support. Includes 1 SP Complete, 1 SP Cleanse, 2 Whole Food Fiber, 1 SP Green Food, office visit to get started.

Customized Nutrition - Comprehensive

Laboratory testing – blood and hair

Full report with dietary and supplement recommendations

Includes initial consultation, lab testing, consultation to go over the report of findings and recommendations.