

## Functional Medicine

A Superbill option is available. Please inquire at the front desk.

Functional Medicine Visit (30 min)	\$100
Functional Medicine Visit (50 min)	\$200
4 x Functional Medicine Visit (50 min)	\$640

## Faith-Based Counseling

A licensed Christian counselor will help you navigate your story through a holistic lens by identifying the origins of your challenges which inspire healthy coping and relationships.

A Superbill option is available. Please inquire at the front desk.

Individual Session (50 min)	\$160
Couples Session (50 min)	\$160
5 x Sessions (50 min)	\$700
Alpha-Stim Add-On	\$10

## The Restorative *Membership*

Unlock exclusive access to bundled services designed to heal and maintain a healthy nervous system, including Infrared Sauna, Alpha Stim, Brain Tap, Targeted LED Light Therap & Cold Plunge Therapy.

\$175/MONTH

Two services available per week that can be stacked to accelerate nervous system healing. Membership does not include counseling or medical visits.

## Contact

2801 SE 1ST AVE SUITE 402  
OCALA, FL 34471

WWW.FGHEALTHCENTER.COM  
352-512-0631



# FAITHFULLY GUIDED

HEALTH CENTER

### ABOUT US

We combine biblical principles and science-backed methods to support *full-person healing*. Our collaborative team helps you uncover the *root cause* of your concerns by connecting spirit, mind, and body.



est. 2017

### SERVICES MENU

Discover *true health* through whole-body medicine

**Full Health Discovery | Medical** **\$200**

Start your health journey with a 50-minute Functional Medicine appointment. Your provider will conduct a health timeline, physical examination, InBody scan, and heart rate variability assessment to understand how stress impacts your body. We'll then use this data to formulate your personalized care plan.

**Full Health Discovery | Counseling** **\$200**

Start your health journey with a 50-minute counseling appointment. Your counselor will complete a timeline to identify unresolved trauma and a temperament analysis to better understand your emotional needs. A heart rate variability assessment will also be used to understand the impact of stress on your body. Your provider will then use this data to formulate your personalized care plan.

**Full Health Discovery | Couples** **\$250**

Enjoy a 50-minute integrative couples therapy appointment. You'll each complete heart rate variability assessments so we understand how stress and health concerns may be impacting your relationship. You'll also receive temperament analyses to uncover unmet emotional needs. We can use this information to support ongoing couples therapy, including joint and individual sessions.

**Oxygen Chamber Healing**

Boost healing with enhanced oxygen absorption in a high-pressure chamber. This promotes tissue oxygenation, aiding in depression relief, blood flow, sports recovery, performance, and general healing. Beneficial as cancer co-therapy and in pre/post-operative care.

<b>Consultation</b>	<b>\$100</b>
<b>Drop-In Session (60 min)</b>	<b>\$100</b>
<b>5 x Sessions (60 min)</b>	<b>\$450</b>
<b>10 x Sessions (60 min)</b>	<b>\$850</b>
<b>20 x Sessions (60 min)</b>	<b>\$1600</b>
<b>40 x Sessions (60 min)</b>	<b>\$2800</b>

**Therapeutic Mud Bath Bliss**

Detoxify, balance hormones, and lower inflammation. This healing Peat mud bath helps detoxify deep fat, the brain, and the liver.

<b>Drop-In Session</b>	<b>\$95</b>
<b>4 x Sessions</b>	<b>\$320</b>

**Heart Rate Variability (HRV) & Inbody Scan**

Reduce stress while improving digestion and the quality of your rest. HRV analyzes autonomic nervous system function and examines the body's ability to heal itself. The Inbody Scan is a non-invasive method for measuring harmful visceral fat as well as skeletal muscle mass and basal metabolic rate, indicating whether action is needed in this area.

<b>HRV Scan</b>	<b>\$50</b>
<b>Inbody Scan</b>	<b>\$30</b>
<b>HRV and Inbody Scan</b>	<b>\$70</b>
<b>Review with a provider (30 min)</b>	<b>\$100</b>

**Ozone & IV Nutrients**

Reduce inflammation and joint pain while increasing immunity and energy. Ozone increases oxygen in the body to promote healing and increase circulation. Nutrient IV therapy directly delivers vitamins, minerals, and amino acids into the bloodstream.

<b>Consultation (30 min)</b>	<b>\$100</b>
<b>MAH Infusion</b>	<b>\$150</b>
<b>5 x MAH Infusions</b>	<b>\$710</b>
<b>10 x MAH Infusions</b>	<b>\$1350</b>
<b>Myers Cocktail</b>	<b>\$160</b>
<b>High Dose Vitamin C (50g)</b>	<b>\$160</b>
<b>IV Vitamin B12</b>	<b>\$30</b>
<b>Glutathione (1g)</b>	<b>\$100</b>
<b>4 x Glutathione (1g)</b>	<b>\$300</b>
<b>NAD+ (250mg)</b>	<b>\$200</b>
<b>NAD+ (500mg)</b>	<b>\$400</b>
<b>IV Fluids (500ml)</b>	<b>\$50</b>
<b>IV Fluids (1000ml)</b>	<b>\$75</b>

**Vitamin & Peptide Injections**

Support immunity and energy with personalized IV injections.

<b>Vitamin B12</b>	<b>\$30</b>
<b>L-Glutamine</b>	<b>\$25</b>
<b>Vitamin D3</b>	<b>\$25</b>
<b>NAD+ (100mg)</b>	<b>\$70</b>
<b>5 x NAD+ (100mg)</b>	<b>\$315</b>
<b>NAD+ (200mg)</b>	<b>\$140</b>
<b>5 x NAD+ (200mg)</b>	<b>\$630</b>
<b>Glutathione</b>	<b>\$60</b>
<b>4 x Glutathione (1g)</b>	<b>\$180</b>

**Alpha-Stim & Light Therapy**

Alpha-Stim offers relief from anxiety, reduces pain, and promotes better sleep. Targeted LED Light Therapy, a proven method, uses healing light to improve circulation, reduce pain, and energize the skin, nerves, tendons, muscles, and bones.

<b>Alpha-Stim Add-On</b>	<b>\$10</b>
<b>Alpha-Stim Add-On   10 x Sessions</b>	<b>\$80</b>
<b>Targeted LED Light Therapy Add-On</b>	<b>\$10</b>
<b>Targeted LED Light Therapy Add-On   10 x Sessions</b>	<b>\$80</b>

**Relax Rx Nervous System Reset**

Soothe anxiety, depression, pain, and insomnia. This treatment combines Brain Tap with Targeted Light Therapy, increasing alpha and/or theta brain waves.

<b>Drop-In Session (30 min)</b>	<b>\$30</b>
<b>5 x Sessions (30 min)</b>	<b>\$100</b>

**Infrared Sauna Serenity**

Detoxify, relieve pain, ease stress, and promote glowing skin. The infrared sauna produces soothing, relaxing heat that penetrates tissues to cleanse and detoxify cells.

<b>Drop-In Session (50 min)</b>	<b>\$50</b>
<b>10 x Sessions (50 min)</b>	<b>\$250</b>
<b>20 x Sessions (50 min)</b>	<b>\$400</b>

**Cold Plunge Purify**

Reset with a mood-boosting, invigorating experience. Cold plunging helps elevate energy, performance recovery, immune support, and stress resiliency while improving mood and sleep.

<b>Drop-In Session (20 min)</b>	<b>\$20</b>
<b>5 x Sessions (20 min)</b>	<b>\$80</b>
<b>10 x Sessions (20 min)</b>	<b>\$130</b>

**Contrast Therapy**

Experience whole-body invigoration. Alternate between the sauna and cold plunge to enhance circulation, recovery, and overall well-being.

<b>Drop-In Session (50 min)</b>	<b>\$50</b>
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