

Gut Reset: Reclaim Your Health from the Inside Out!

Your journey to restoring and optimizing your digestive health begins here! This program focuses on understanding and addressing the underlying imbalances in your microbiome. Through advanced testing and individualized treatment plans, we aim to improve your overall health from the inside out. Whether you're dealing with chronic bloating, food intolerances, or unexplained digestive discomfort, this program is tailored to identify the root causes of your symptoms and guide you on a personalized path to healing.



What You Can Expect:

- **Personalized Treatment Plans:** Tailored recommendations based on your test results to address your unique needs.
- **Stool Testing:** Evaluation of digestion, inflammation, and the microbiome through the GI Effects Comprehensive Profile with Genova Diagnostics
- **Follow-up Consultations:** Ongoing support to adjust your diet, supplement regimen, or medications as needed.
- **Additional Testing Add-on:** SIBO, food intolerance, environmental allergens, celiac & sensitivity testing can be added to your program if necessary.



Start feeling your
best today!

The Gut Rehab Breakdown

We believe in providing clear and accessible pricing for our services. Below is a detailed table of our Gut Rehab Programs, including what's tested, how it's collected, turnaround time for results, and costs.

| Program | Description | Tests Included | Turn Around Time | Cost |
|---|--|--|---|--|
| Phase 1: Gut Rehab Baseline Evaluation | Comprehensive stool testing with GI effects. Evaluation of digestion, inflammation, microbiome imbalances, clues for SIBO. Includes personalized phase 1 treatment recommendations. | Genova GI effects; home stool collection kit | 4 weeks; 45 min review visit | Self pay - \$754 Using Insurance \$179 co-pay + \$275 (Lab Review Visit and Specialty Lab Handling Fee Payable to DOPC) |
| Phase 2: Gut Rehab Follow-Up | Often our initial GI effects test review will indicate a need for a phase 2 visit. Individualized visit frequency determined after initial testing to adjust diet changes, supplement regimen or medications. | Follow up to GI effects testing done at baseline. No additional lab charges unless additional labs recommended | Varies based on additional testing if indicated | 30 min follow up: \$150 45 min follow up: \$225 |
| Advanced Option: <i>(if indicated)</i> SIBO Testing Small intestinal Bacterial Overgrowth | A follow up test to GI effects if clinically indicated Breath testing and treatment recommendations | Genova lab; home test kit for breath testing; requires a specific diet for 1 week prior to testing and 4 hours to dedicate to the test on day of testing | 3 weeks; 45 min review visit | \$500 |
| Advanced Option: <i>(if indicated)</i> Food Intolerance Environmental Allergy and Celiac Antibody Testing | This is our best baseline allergy and food trigger testing. Also includes environmental allergens and celiac testing. Most accurate while eating gluten. A follow up test to GI effects if clinically indicated. | Genova lab; blood draw @ DOPC | 3 weeks; 45 min review visit | \$694 |

Note: Genova offers an insurance billing program that can reduce the cost of these programs (Ask us for details). Additional payments may be requested from Genova.

Tips for insurance billing success: When completing an order online, add the prepayment requested and verify your insurance information.



The Gut Rehab Program totally changed the course of my health! I'd struggled with ongoing symptoms that my old doctor had dismissed for years. Direct Osteopath walked me through the whole process and finally helped me get to a diagnosis.

Emma, Current DOPC Member



Feel Better, Live Better. Your Path to Optimal Gut Health Starts Here!

Taking part in our **Gut Rehab Programs** means you will walk away with...

- **Improved digestive health** and a clear plan to restore balance in your gut.
- **Personalized insights** and a thorough understanding of your unique gut health needs.
- **Access to expert guidance** throughout your journey.

Please Keep In Mind:

- Check with your insurance provider about coverage for lab tests and consultations.
- Results take time! Healing the gut is a process that unfolds over weeks to months.
- When you join our practice, you are taking the first step towards a healthier future. At DOPC, we help our members meet their health goals by combining cutting-edge traditional, fundamental primary care with the best of holistic health.

