

# 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!

Program Description	What Is Tested	Turnaround Time & Review Visit	Transparent Pricing, Personalized Options
<b>Gut Rehab Baseline Evaluation - Phase 1</b> <i>Best foundational test for understanding your microbiome</i>  Comprehensive stool testing with Genova's GI effects. Evaluation of digestion, inflammation, "good guys and bad guys" of the microbiome, clues for SIBO. Includes personalized Phase 1 treatment recommendations	Genova GI effects; home stool collection kit	4 weeks; 45 min review visit	\$754* Genova's GI Effects Comprehensive Stool Testing & review visit  Add on options: C Diff \$35 H Pylori \$45  <i>Using Insurance?</i> +\$179 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC
<b>Gut Rehab Follow up - Phase 2</b> <i>Fine tune the microbiome</i>  Often our initial GI effects test review will indicate a need for a phase 2 visit. Individualized visit frequency is determined after initial testing to adjust diet changes, supplement regimen and treatment options	Follow up visits after baseline GI effects testing complete  <i>No additional lab charges unless additional labs recommended</i>	After your Phase 1 Gut Rehab visit your provider will recommend a 30 or 45 min follow up  In some cases, you can "DIY" and follow the Phase 2 recommendations after your first visit, for no additional charges	+\$150 for 30 min Review Visit  +225 for 45 min Review Visit
<b>SIBO Testing</b> <i>Breath testing and treatment recommendations</i>  Small intestinal Bacterial Overgrowth A follow up test to GI effects if clinically indicated	Genova lab; home test kit for breath testing; requires a specific diet for 24 hours prior to testing and 4 hours to dedicate to the test on day of testing	3 weeks; 45 min review visit	\$500 Genova's SIBO testing & review visit  <i>Using Insurance?</i> +\$85 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC
<b>Food, Intolerance Environmental Allergy and Celiac Antibody Testing</b> <i>Best food intolerance test</i>  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	\$704* Genova's Allergy Antibody and Celiac testing & review visit  <i>Using Insurance?</i> +\$200 Initial Ins Pmt to Genova* + \$275 Review Visit & Specialty Lab Handling Fee to DOPC

**\*Genova offers an insurance billing program that can reduce the cost of these programs\* Ask for details.**

*Tips for insurance billing success:*

- 1) When completing an order online, add the prepayment requested and verify your insurance information..
- 2) Note, additional payments may be requested from Genova.
- 3) Ignore EOB from your insurance, pay bills from Genova. No Genova bill should exceed \$600.



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.

