

## Functional Medicine *(Fee for Non-Members)*

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

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

## 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)	\$750
10 x Sessions (50 min)	\$1400
Alpha-Stim Add-On	\$10

### 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.

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

## Contact

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# 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.

## Functional Medicine *Membership*

Get ongoing support for long-term health. Access healing services with one convenient investment. A 12-month commitment is required.

- + 8 functional medicine visits per year (30 min)
- + HRV/Inbody assessments every 6 months
- + A personalized health plan with accountability
- + Unlimited portal access with your provider
- + 10% off pharmaceutical-grade supplements

\$75/MONTH

### Therapeutic Mud Bath Bliss

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

**Drop-In Session** \$75  
**4 x Sessions** \$270

### 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.

**HRV Scan** \$50  
**Inbody Scan** \$30  
**HRV and Inbody Scan** \$70  
**Review with a provider (30 min)** \$100

### 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.

**Consultation (30 min)** \$100  
**MAH Infusion** \$150  
**5 x MAH Infusions** \$710  
**10 x MAH Infusions** \$1350  
**Myers Cocktail** \$160  
**High Dose Vitamin C (25g)** \$100  
**High Dose Vitamin C (50g)** \$160  
**IV Vitamin B12** \$30  
**Glutathione (1g)** \$100  
**4 x Glutathione (1g)** \$300  
**NAD+ (250mg)** \$200  
**NAD+ (500mg)** \$400  
**IV Fluids (500ml)** \$50  
**IV Fluids (1000ml)** \$75

### Vitamin & Peptide Injections

Support immunity and energy with personalized IV injections.

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

### Brain Tap, Alpha-Stim & Light Therapy

Experience enhanced neuroplasticity with Brain Tap, improving your thinking, sleep, and performance. 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.

**Brain Tap Drop-In Session (30 min)** \$60  
**Brain Tap 5 x Sessions (30 min)** \$250  
**Alpha-Stim Drop-In Session (50 min)** \$40  
**Alpha-Stim 10 x Sessions (50 min)** \$300  
**Targeted LED Light Therapy Drop-In Session (20 min)** \$50  
**Targeted LED Light Therapy Monthly Unlimited** \$200

### Relax Rx Nervous System Reset

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

**Drop-In Session (30 min)** \$50  
**5 x Sessions (30 min)** \$225  
**10 x Sessions (30 min)** \$400

### 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.

**Drop-In Session (50 min)** \$50  
**10 x Sessions (50 min)** \$250  
**20 x Sessions (50 min)** \$400

### 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.

**Drop-In Session (20 min)** \$20  
**5 x Sessions (20 min)** \$80  
**10 x Sessions (20 min)** \$130

### Contrast Therapy

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

**Drop-In Session (50 min)** \$50