



FAQ

DO YOU ACCEPT INSURANCE?

We do not accept insurance or Medicare. Some insurance carriers may cover what we do, such as health savings accounts or flex spending plans. We can provide a detailed receipt for services performed for you to submit to your insurance carrier directly.

HOW DO I START WORKING WITH TODAY'S HEALTH WELLNESS CENTER?

To get started in the healing journey, contact us to set up a free consultation with one of our practitioners so we can both determine if we are a good fit to work together. If you are willing to address everything that is holding you back in both mind and body, we are ready to help you feel better!

We provide health evaluations along with emotional coaching in our program so you can experience lasting results, from a faith-based Biblical perspective.

DO I NEED TO WORK WITH YOU IN PERSON?

No, we offer fully supported care no matter where you live in the US through our remote health evaluations and coaching. The only services that require in-person visits are our sauna detox program, medical grade ozone, and rife sessions.

HOW MUCH DOES IT COST TO GET STARTED?

Most people start with our COMBO Full Body Comprehensive screening and Health Evaluation which is \$335 This will give you the big picture to not only the root causes of your health concern but a detailed protocol to bring your bod back to homeostasis.

HOW OFTEN ARE FOLLOW-UP CONSULTATIONS

The number of follow-up consultations will depend on your individual needs. Generally, it is recommended that you schedule follow-up consultations on a monthly or BI-monthly basis. We will discuss the best schedule at your initial consultation to ensure your program is the most effective. We do offer Healthy Savings Packages to offset some of the cost to make working with us as affordable as possible. These Packages will be discussed at after your initial COMBO Screening and Health Evaluation.

WHAT CONDITIONS HAVE YOU HELPED PEOPLE OVERCOME?

Our Practitioners have helped our clients recover from the following chronic health concerns (but not limited to)

- Acne and skin disorders of all types (eczema, psoriasis)
- Arthritis
- Fatigue
- Joint Pain
- Insomnia
- High Blood Pressure
- Digestive (IBS, Crohns, Diarrhea, GERD, etc)
- Detoxification of Mold Exposure and Chemicals (Chemical Sensitivity)

- Brain fog / Memory Loss
- Food Allergies and Sensitivities
- Weight / Obesity
- Autoimmune Disorders
- Fibromyalgia
- High Cholesterol
- Headaches and Migraines
- Hormonal Imbalances
- Lyme Disease and Other Chronic Infections
- Infertility
- Thyroid and Adrenal Disorders
- Osteoporosis
- Diabetes

DO YOU WORK WITH CANCER PATIENTS?

We do not take on the full care of people who have active cancer. Our practitioners only work with people who have cancer in partnership with an MD by helping to create an environment in their body where cancer is less likely to grow. We require the partnership of a holistic MD for additional treatment and testing that we do not offer. We focus on nutrition and lifestyle modification to strengthen the immune system, enhance detoxification and support emotional health.

WHY IS EMOTIONAL COACHING A PART OF YOUR PROCESS?

If you are in a state of chronic stress or anxiety, your body is releasing stress hormones, such as cortisol, adrenalin, etc. These hormones are there for a reason: Hundreds of years ago, if a tiger started running after you, you would have to run or fight, and those hormones would help to save your life. After the tiger was gone, you would calm back down and your cortisol levels would return to normal. The problem is that many people stay in this stressed state for long periods of time.

In fact, the body cannot even keep making cortisol for long periods of time. It has to rob from your sex hormones to make more cortisol. And that means, that your sex hormones get depleted over time, and you feel tired, you start to gain weight, your sex drive goes down. This fight or flight response keeps your body on high alert, and it's a problem because the body cannot heal while this is going on.

In order for you to be healthy again, emotional stress needs to be addressed, and it's every bit as important as the food you eat. Since your emotions have the ability to affect your physical health, it is extremely important to address this critical component for you to be healthy again.

DO YOU WORK WITH CHILDREN?

Yes! We have worked with children of all ages, from newborns to teenagers.

HOW LONG DOES IT TAKE TO GET BETTER?

This varies depending on what is going on in your body and how long you have been suffering. Typically people who work with us start feeling better within the first couple of weeks. How long it takes to fully recover depends on how compromised your body is and how diligent you are to implement your protocol. A general guideline is that it will take a month of working diligently on your health for every year that you have been unwell. This is why we start with a minimum of 6-12-month period of time of working with you initially, and for some people, it takes even longer to recover.

WHERE SHOULD I PURCHASE MY SUPPLEMENTS?

Here are a few simple instructions to access our online store:

- We are looking forward to online ordering, but until this option is available we do take phone orders.
- simply call our office at 972-223-6493 and let us know what you need and we will ship them to you.

Why it's important to get your supplements from a reliable source:

Buying quality supplements from the right sources is so important because unlike pharmaceutical drugs, supplements are not regulated by the U.S. Food & Drug Administration (FDA). Because of this many supplements are poor quality, may have fillers and unhealthy additives, or be made from low quality herbs grown in third world countries.

When choosing supplements it is important to be careful of third party vendors, online sources, such as Amazon. We have found that many of the cheaper supplements on Amazon are cheap for a reason: they do not contain the supplement listed on the bottle, so buyer beware!

We use practitioner-grade, high-quality supplements that we order direct from the manufactures, which allows you to get the freshest, highest-potency nutrients.

When you shop with us, you can rest assured every product is guaranteed to be safe, effective, and fresh. Our customer support team is here to help you with anything you need, so please don't hesitate to reach out if you need additional help.

HOW DO I SEND IN MY SAMPLES?

Instructions for the Hair, Nails, and Saliva Collection are as follows:

1. Hair Collection: Preferable method - cut a small amount of hair close to the root from the neck area. OR Alternative method - hair collected from fallout while washing or brushing is acceptable (as long as there is no other person's hair collected). A minimum of 20 strands of hair is required.
2. Nail Collection: Cut some Fingernails and/or Toenails. Place the clippings in the Ziploc bag.
3. Saliva Collection (If hair and nail samples are not available): First thing in the morning, before eating, drinking, or brushing your teeth, swab the inside of your mouth with the Q-Tip provided. Place the collected sample in the Ziploc bag labeled "Saliva Sample" and record your name, birth date, and collection date on the label provided.
4. Mailing: Please place the samples in a ziplock bag with your name and birthday and telephone number on it. Then place the ziplock bag in an envelope and mail it to,

Today's Health and Nutrition
Attention: Rebekah H.
204 E. Pleasant Run Rd.
Suite 112
Desoto Tx 75115.

Mail as soon as possible. If you are local you can also drop your samples off at our store. Whichever is more convenient.

There will be a 5-day turnaround time from the time we receive your samples. We will contact you once we have run your scan to schedule your screening review/ health consultation (if applicable). Otherwise, you can expect your results emailed to you within 5 days.