

## Today's Health and Nutrition

# 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?**

Your first step is to have a complimentary conversation with one of our coaches who can recommend the program that is best for you to get the results you are looking for. And We have several options to choose from.

Most people start with our Full Body Comprehensive screening which is \$250, and sign up for programs based on their results.

Programs range from \$175 to \$500 per month.

### **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.

### **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 3-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 972-296-4613 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.