

Healthcare Options

SUMMARY:

Customized Support – optimal healthcare to get well (assistance with a health issue), and/or to stay well (help prevent disease), and includes both **consultation** and **testing** services.

Personalized Support – supportive healthcare (**consultation only**) best suited for more recent limited health issues, or for those with more complex challenges who are not yet ready or able to schedule testing.

Foundational Support – provides **Self-Care** support (**no consultation nor testing**) to facilitate healing and lay the foundation for getting and staying well, including (1) valuable daily supplementation to begin filling common nutritional dietary “gaps;” and (2) general, yet powerful fundamental diet and lifestyle recommendations (provided with initial supplement purchase of **Dr. Powers BASICS** or **Dr. Powers ESSENTIALS**) to help ensure you are eating, moving, and sleeping in ways that are productive and practical.

IMPORTANT: If after reviewing the details of your healthcare options below you feel you cannot afford the level of support best matched to your health needs and goals, know that receiving **any level of care** will help encourage your healing and support your health goals over time.

CUSTOMIZED SUPPORT (consultation and testing)

Purpose: **Optimal** healthcare for any health challenge (recent or chronic) and/or for disease risk reduction (“prevention”)

Benefits:

- Facilitate healing and support your feeling vital and functioning well, regardless of your current health status
- Help slow, stop, or even reverse chronic, degenerative disease processes or trends
- Help you avoid a heart attack; stroke; cancer; diabetes; Alzheimer’s; and other **common** chronic diseases

Ideally suited for you if you:

- Feel and function well, yet choose to be **highly** proactive to stay that way
- Have **recurring** symptoms or on-going, **chronic** health issues, and choose to **improve your health**
- Experienced failed treatments and/or want to **avoid surgery** or get **off your medication**

Requirements:

- **Medical, Health, and Diet/Lifestyle Histories** (current)
- **(2) Consultation appointments:**
 - **Initial:** To discuss health needs and goals; formulate a working diagnosis; explain testing
 - **Report:** To review test results, discuss interpretation; clarify recommendations (the “Strategy”)
- **Testing:**
 - **Intermediate level:** In-office testing; urine; blood (contact our office for details)
 - **Comprehensive level:** Same as **Intermediate level** **plus** thyroid testing and **special*** testing, as indicated
*e.g., leaky gut; food sensitivities; heavy metal and/or chemical toxicity; occult infection; hormones; genetics)

What you receive: A Health Plan Strategy – a verbal and written report of findings and recommendations, including:

- Clarification around underlying “causes” of your health concerns and/or disease trends
- Specific recommendations to feel better; and to slow, stop, and/or reverse disease processes
 - **Customized** diet, exercise, lifestyle, and [supplement recommendations](#)
 - **Customized Supplement Prescription** to fulfill your **measured** nutrient and **specific** natural medicine needs
- Follow-up healthcare and support, as indicated (e.g., testing; education; coaching; consultations; treatment)

Assessments and recommendations are based on the information gleaned from the level of testing selected.

Frequency: How often you schedule your testing and/or follow-up healthcare depends on **your health needs and goals**

- **If you feel basically well; have no chronic health concerns; and are not on any prescription medication**
 - **Testing** - Once or twice a year; **Follow-up care** (consultations and/or treatment) - As needed
- **If you have recurring symptoms; a chronic health challenge; and/or are on prescription medication**
 - **Testing:** Every 3-4 months until your health has stabilized and you are feeling much better
 - **Follow-up care** (consultation and/or treatment): Determined and outlined during Report Consultation

Investment:

- **Testing; Consultations; Examination; Report & Recommendations; and *Customized Supplement Prescription*:**
 - Intermediate level: About \$1500-\$1,800 (including Initial Consultation)
 - Comprehensive level: About \$2,500 and up (based on testing, your specific health needs, goals, and budget)
- **Supplementation:**
 - Intermediate level: About \$6-12/day (\$180-360/mo.); adjusted to your health needs, goals, and budget
 - Comprehensive level: About \$10-25+/day (\$300-750/mo.); adjusted to your health needs, goals, and budget

NOTE: As you heal and your supplement needs decrease, so does your supplement expense.

PERSONALIZED SUPPORT (consultation only; no testing)

Purpose: **Supportive** healthcare:

- For a more recent, “simple,” and/or acute health challenge or concern
- For guidance initiating a “detoxification” program
- For a higher degree of disease prevention (when testing is not an option)
- To co-care end-stage disease
- As a *Second Opinion* (e.g., a re-interpretation of test results; help avoid unnecessary medication and/or surgery)

Benefits:

- Help you feel better and/or stay well with the aid of safe, wholesome, insightful healthcare guidance
- Receive valuable healthcare advice while avoiding the potential stress from either the trauma and/or expense associated with blood testing

Ideally suited for you if you:

- Want assistance getting and/or staying well, yet feel you aren’t ready or can’t afford testing
- Have an infant or child with whom it may be unnecessary and/or difficult or traumatic to test
- Primarily wish to manage the quality of your life (e.g., end-stage disease)

What you receive: **A Health Plan Strategy – a verbal and written report of findings and recommendations, including:**

- Possible indications of underlying “causes” of your health challenge
- Short and long-term recommendations to facilitate healing (as appropriate)
 - *Personalized diet, exercise, lifestyle, and supplement recommendations*
 - *Personalized Supplement Prescription with nutrient and natural medicine recommendations*
- Follow-up support to consider (e.g., testing; education; coaching; consultations; treatment)

Assessments and recommendations are based ONLY on the information gleaned from your medical and health histories; past test results; and current consultation (i.e., without the aid of any Dr. Powers “prescribed” testing)

Requirements:

- **Medical, Health, and Diet/Lifestyle Histories** (current)
- **Past test results and reports** (if/when available)
- **(1) Consultation appointment (no testing)**

Frequency of Appointments: How often you schedule a follow-up Consultation appointment depends on ***your health needs and goals***

- For preventive care and/or initiate a detoxification program - once or twice a year
- For assistance with a health challenge – frequency depends on individual need

Investment:

- **Consultations:**
 - New Client appointment: 60-90 minutes; \$300-\$450
 - Established Client appointment: 30-60 minutes; \$150-\$300
 - Semi-annual or Annual Preventive Care appointment: 60-90 minutes; \$300-\$450
- **Supplementation:** Usually about: \$6-15/day (\$180-450/mo.)

NOTE: As you heal and your supplement needs decrease, so does your supplement expense.

FOUNDATIONAL SUPPORT (Self-Care = no consultation nor testing)

Foundational Support – provides **Self-Care** support (**no appointment**) to facilitate healing and lay the foundation for getting and staying well, including (1) valuable daily supplementation to begin filling common nutritional dietary “gaps;” and (2) general, fundamental diet and lifestyle recommendations (provided with initial **Dr. Powers** supplement purchase) to help ensure you are eating, moving, and sleeping in ways that are productive and practical.

Dr. Powers BASICS and Dr. Powers ESSENTIALS – daily supplementation

WHY take a daily supplement? ([click to learn more about the importance of supplementation](#))

- If you are like most people tested you too are deficient in multiple nutrients
- You’ll likely feel and function better when your body’s nutrient “tank” is “topped off”
- Proper daily supplementation has been shown to improve health and help prevent disease

Remember: The benefits of proper daily supplementation are *cumulative* and are experienced *over time*.

Benefits: Daily supplement support:

- Helps you feel well *and* stay well
- Keeps you and your body functional and able
- Reduces your risk of developing most chronic degenerative diseases (cancer; heart attack; stroke; etc.)

Purpose of Dr. Powers BASICS and Dr. Powers ESSENTIALS:

- Fills the most **common dietary “gaps”** resulting from nutrient-depleted food
- Replenishes common nutritional deficiencies*
- **Dr. Powers ESSENTIALS** also, includes support that provides a modest but meaningful degree of **gut** and **detox** support

Daily supplementation with [Dr. Powers BASICS](#) or [Dr. Powers ESSENTIALS](#) does **not provide sufficient nutrients to replenish moderate to severe deficiencies or toxic body burden; nor provide adequate natural medicine support to correct significant underlying gut imbalances. Customized support is required for this level of need.*

Ideally suited for you if:

- You eat well, exercise often, and generally feel well and vital and wish to stay that way
- Or, perhaps you have some symptoms and/or health challenges and desire supplementation support, but aren’t ready or able to schedule an appointment for a customized supplement prescription

Requirements: None (no appointment, testing nor consultation necessary)

What is available at this Foundational level:

- **Dr. Powers BASICS:** Meaningful quantities of bio-available vitamins; chelated minerals; balanced antioxidants; and easily digestible, purified fish oil*
- **Dr. Powers ESSENTIALS:** Same formula as **BASICS** plus **probiotics** for gut health; **detoxification** support; and **Vit-K2** for bone and heart health*

**with your initial purchase, you will receive researched and proven general diet and lifestyle guidelines to ensure you are eating, moving and sleeping in ways that are safe, wholesome and productive.*

Convenience: Both **Dr. Powers BASICS** and **Dr. Powers ESSENTIALS** are delivered to your home (free shipping) in convenient, 30-day supply of daily dose packets (no multiple, separate bottles; no supplement waste).

How to take these supplements:

It is safe, healthy, and beneficial for adults to take either **Dr. Powers BASICS** or **Dr. Powers ESSENTIALS** every day ... indefinitely! (adults)

- Begin with **Dr. Powers BASICS** for initial order (1 month) as this allows your body to adapt to the supplementation; then switch to **Dr. Powers ESSENTIALS** (if you choose to do so) – with K2, probiotic and daily detoxification support
- Then, after 1 month of **Dr. Powers ESSENTIALS**, if opting for a **3-Month Booster** (see below for details), switch to **Dr. Powers ESSENTIALS Plus** for 3 months; and then switch back to **Dr. Powers ESSENTIALS**

Investment:

- **Dr. Powers BASICS:** Less than \$3/day (a packet of 4 “pills” taken 2x/day, i.e., with breakfast and dinner)
- **Dr. Powers ESSENTIALS:** Less than \$5/day (a packet of 6 “pills” taken 2x/day, i.e., with breakfast and dinner)

3-Month BOOSTER: *Dr. Powers ESSENTIALS - Plus*

Every year you may opt for a 3-month supplement “booster” of *Dr. Powers ESSENTIALS Plus*, which includes higher, more therapeutic quantities of supplementation for additional nutrient and natural medicine support (available without any testing or consultation appointment); less than \$8/day (a packet of 8 “pills” taken 2x/day)

FitFood Lean Complete – protein “shake” with *Artinia*® fiber

Unique Benefits:

- Supports healthy weight and shape
- Reduces hunger and improves satiety
- Unique *Artinia*® fiber source supports both gut and cardiovascular health

Purpose:

- Provides a high quality, easily digestible protein source
- Includes a “serving” of a healthy fiber mix

When to use:

- As a supplement “shake” when eating a meal low in protein (salad; etc.)
- As a meal replacement when a healthy, nutrient-rich meal is not an option
- If you desire to intentionally give your digestive system a “rest” for a meal
- When desire to increase your daily fiber intake

Ideally suited:

- As a protein “base” supplement added to your favorite “smoothie”
- If you are seeking a pre/post-workout protein “shake”
- For Vegans seeking an alternate, quality protein source
- As a soy and dairy-free protein supplement option

What you receive:

- 15 g of protein as a delicious, hypoallergenic, complete amino acid, pea/rice protein blend
- A full 8 g mix of soluble (inulin) and insoluble fiber (*Artinia*®)
- Sugar and stevia-free with no artificial sweeteners or ingredients; sweetened naturally with monk fruit
- Available in delicious *French Vanilla* and *Dutch Chocolate* flavors

*with your initial purchase, you will also receive recommendations and hints for making a delicious and healthy “shake”

Investment: **\$2.35 per serving** (about \$70/mo.) (\$33 per canister containing 14 servings)

When not getting **Customized** or **Personalized Support**, then the **Foundational Support** offered with *Dr. Powers BASICS* or *ESSENTIALS* and *FitFood Lean Complete* is the perfect combination to help you feel your best and prevent disease.

Place your orders for *Dr. Powers BASICS* or *Dr. Powers ESSENTIALS* and/or *FitFood Lean Complete* at:
orders.drpowers@gmail.com