

FOOD SENSITIVITY TESTING (current charges)

To move forward with testing, the client must first schedule a one-hour appointment in order to discuss your past and current medical history, along with personal goals. This one-hour consult is \$150.00. After we meet and determine that the food sensitivity testing is a good option, the testing directions are provided. **If you move forward with the testing, the initial \$150.00 charge is deducted from the testing charges.** The following packages are available:

- 1) 100 foods plus 30 food additives, colorings, environmental chemicals (\$875.00)
- 2) 150 foods plus 30 food additives, colorings, environmental chemicals/ 150 vegetarian foods plus 30 food additives, colorings, environmental chemicals (\$950.00)
- 3) 200 foods plus 30 food additives, colorings, environmental chemicals/ 200 vegetarian plus 30 food additives, colorings, environmental chemicals (\$1025.00)
- 4) 250 foods plus 30 food additives, colorings, environmental chemicals (\$1080.00)

Note: There is a separate charge for the blood draw which ranges from \$30.00-\$60.00. The lab will draw the blood and ship it to the testing lab per specific instructions. This separate charge is paid directly to the lab drawing your blood.

*While most insurance companies will not cover the actual testing, the *counseling* services may be reimbursable depending on your current medical condition. This can be discussed during the first consultation. A separate receipt for counseling services can be provided for self-reimbursement for the counseling sessions.

All testing packages include the following:

- A second meeting to order the appropriate kit and discuss the testing procedure steps-payment due in full during the second appointment
- The blood test results (Alcat food sensitivity testing)
- 3 one-hour follow-up counseling sessions after test results are received
- 3 months of e-mail or text support in addition to the office visits
- Food guidelines
- Customized food plans based on your food sensitivities. If you have other medical issues requiring medical nutrition therapy, then nutritional counseling appointments will address those dietary requirements in conjunction with your food sensitivity testing results.
- Recommendations on supplements to support gut health and meet overall nutritional requirements
- Food, recipe, shopping suggestions