

What to expect at your first appointment...

We are so excited to be a partner on your journey to better health!

You will get maximum benefit from the time reserved for your consultation by being prepared! Please arrive 10-15 minutes early to complete a health questionnaire.

Additionally, please bring a list of your current medications and/or supplements including dosage and reason for taking each. This will help us focus on creating the most valuable program for you.

With the information you provide us, we will discuss your personal and family health history, physical and emotional state, and current lifestyle. Together we'll clarify all your desires for well-being, and then guide you through a comprehensive, highly personalized, step-by-step program to achieve maximum overall health.

Please note: There is a \$20 no show/late cancellation fee if appointment is not cancelled at least 24 hours prior to your appointment. Cancellations made at least 24 hours in advance allows us to accommodate others. We thank you in advance for your cooperation.

