

INDIGO HEALTH CLINIC

YOUR
HEALTH
INVESTMENT

YOUR PARTNER IN HEALTH

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01

THE
INDIGO
PATH

01

The Indigo Path

We understand that planning for your health requires an investment in energy and finances, and we want to make this journey as transparent as possible. Every health case is unique and the more chronic the health condition the longer the treatment needed. As a society we have been conditioned to look for quick fixes. In reality, healing takes time.

It is likely that massive changes will occur within the first few months as we are rebuilding your system and reversing dis-ease. However, at times healing requires a longer time period. Although each person's health journey looks different, here's a guide of what the Indigo Path typically looks like.

The Indigo Path has three stages: Foundation, Conscious Living, and Embodiment. Walking this path is a way to obtain true health and reach your greatest potential. Be the best version of yourself and make your dreams come true by committing and investing in your health. Your body is your temple and how you treat your body is how you treat all aspects of life.

Please be advised that this path may be subject to change as every individual is unique and deviations may be necessary in order to provide you with the best care.

02

YOUR
INITIAL
CONSULTATION

02

The Foundation

The Foundation stage is about getting you out of 'crisis' and treating the root cause of any underlying health conditions you are experiencing. During this stage we get to know you and understand your condition through the best diagnostic tools available. Our experienced team will get you on a path of true healing and vibrant health.

Functional medicine works to identify the root cause of particular symptoms and then uses a personalized approach to help your body restore balance. This process begins with an Initial Consultation to review your medical history, health goals, current lifestyle habits and symptoms in order to identify the type of testing that is needed to further investigate the root cause.

We have two kinds of Initial Consultations, regular (90 minutes, \$500) and one for chronic diseases like cancer, Lyme and autoimmune diseases (2 hours, \$850). If you have a long complicated medical history or feel you would like to spend more time with the practitioner, you may also schedule a 2-hour appointment.

At the end of your Initial Consultation, we will recommend lab orders that may include blood, salivary, urine or stool testing.

The Foundation

Where applicable, your health care provider will do their best to order testing that is available within your insurance coverage plan. For PPO based insurances, most blood testing is covered as an in-network lab such as Quest, LabCorp or Bioreference.

It is your responsibility to know what your insurance provider's preferred lab is. Basic labs can be performed at other labs. Some functional labs are to be done at home while others require you to get blood drawn in our clinic.



03

L A B S

03

Investigation & Information

Through specialized lab testing we're able to understand what is going on in your body physiologically. By investigating the root cause of your health concerns, we are able to formulate the best treatment plan for you.

We work with many functional and specialty lab companies. Indigo Health Clinic has a \$100 lab draw fee for processing labs within our clinic. Recommended labs vary based on health condition and insurance coverage and may range in price from \$300 to \$1500.

Most functional testing is paid directly to the lab and Indigo Health Clinic is not involved in the billing process.



04

F O L L O W - U P
V I S I T S

04

Follow-Up Visits

Follow-Up visits may be either 60-minutes (\$350) or 90-minutes (\$500) depending on the discretion of your healthcare provider and how long the provider needs to review your labs and formulate a Treatment Plan. Rule of thumb – If you have more than 2 labs to review at one time, it is likely you will require a 90-minute visit; and perhaps even additional follow-up visits to review all labs that come in at different times and to answer all of your questions before an individualized, comprehensive and precise treatment plan is created.

Your Treatment Plan will be continuously modified throughout your health journey. We also have to take into consideration how we stagger your treatment for best compliance and optimal outcome.

Depending on your case and set of circumstances, a Follow-Up appointment may be recommended in the acute intervention phase every 2-6 weeks for the first 3-6 months. Once your condition is stabilized and you have met your current health goals you will require bi-annual maintenance visits and eventually annual. If medication or hormone refills are required you will need a Follow-Up visit every 3 months and periodic labs to monitor hormone treatment.

Follow-Up Visits

Generally speaking, how effective the protocol is and how quickly results will be achieved is often reflective of the amount of time, attention and commitment you put into the process. We can give you an idea how often you will need to follow-up in the acute phase at your second appointment when your health is better understood.

Functional medicine is just as much about removing hindrances to imbalances as it is about implementing personalized dietary and lifestyle modifications, micronutrient replacement or hormone balancing. Please expect a minimum of a six to twelve month commitment to achieve lasting change. Set your expectations and budget in line with this commitment. We want to get you to a point where all that is required is one to two yearly appointments to check in and redo labs.



05

T R E A T M E N T

05

Your Unique Treatment Plan

All supplements and IV Therapy are an additional cost. Please take into consideration that you will have a recurring monthly expense in addition to your Follow-Up visits.

We do our best to make sure that you are taking only the supplements your body needs, so Follow-Up appointments are still required to make changes to these treatment protocols. Please keep in mind, if you come very depleted, it will take time for your body to build up nutrient levels.

Patients who check in regularly, even when feeling well, typically have better results.



06

C O N S C I O U S
L I V I N G

06

Conscious Living

Conscious Living focuses on your mindset and defining your stressors. A healthy life is about maintaining balance. In this stage we will assess your mindset, stress levels, nutrition, fitness, and anything negatively impacting your environment. We empower you to create the best strategy for abundant health in all areas of your life.

Given the right tools, your body has an innate ability to heal itself. We believe in thriving optimal health, not just the absence of dis-ease. While on the Indigo Path, we provide you with at home support to help you make positive and lasting lifestyle changes. Every week you will receive an email with bite-sized information to help you start shifting your mind, body and soul. From decades of experience, this is the gold that will fast-track you into vibrant, thriving, optimal health.

You don't want to miss this perk!



INDIGO HEALTH CLINIC

07

E M B O D I M E N T

07

Embodiment

Dis-ease is multifaceted and usually has an energetic component associated with it. You are an energetic being, with thoughts, emotions, mental constructs, limiting beliefs, and traumas that you have accumulated over your years on Earth. You are a complex system affected by your outside experiences and environment. Your external environment is a physical manifestation of your internal environment.

If you want to change the world outside of yourself, change must first begin within. Your internal environment is where it all begins.

During the Embodiment stage, we dive deep into your energetics to further understand you. We come to realize the root cause of dis-ease by observing what drives your actions, what limiting beliefs you carry, and bridge the gap between how you see yourself and how you are showing up in the world.



Embodiment

Through a fusion of neurolinguistic programming, energy psychology and archetypes, we work with you to release patterns, phobias, traumas and energetic tangles that get in your way of experiencing thriving optimal health.

Indigo stands for your empowerment. Through the use of various tools, we are able to get to the root cause of any dis-ease you are experiencing. Thus allowing for better understanding of yourself.

Indigo Health Clinic is where healing happens on all levels – mind, body and soul.

We look forward to being your partner in health!
Your Indigo Team



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"Looking forward to seeing you soon!"
- Snejana Sharkar



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