

INDIGO HEALTH CLINIC

A NEW  
*HEALTH*  
JOURNEY

YOUR PARTNER IN HEALTH

# What Is Health?

How do you know if you are healthy, I mean truly healthy, vibrant, thriving filled with sustainable energy, a sharp, clear mind, glowing skin, easy digestion, healthy hormones and able to sleep soundly at night?

When was the last time you really felt good – day after day after day... and for a long period of time, like months and years?

Has it been a while? Maybe ever... that you can remember?

Maybe you're "healthy" according to your MD and health insurance plan, but you just don't ever feel that great. In fact, you may experience a variety of different symptoms that keep you from living and engaging in life fully, but your doctor put you on anti-depressants because clearly there's nothing "wrong" with you so it must be all in your mind. Aagghh! How frustrating... and we feel your pain. Truly.

Maybe you were vibrant and healthy in your 20's and 30's – nothing phased you. But now you need 5 cups of coffee or a liter of diet coke each day just to be productive and get through it... then you're so wired from the caffeine

that you need several cocktails or glasses of wine just to unwind at night. In the morning you're so groggy and exhausted you start the caffeine and sugar cycle all over again. Your digestion is wrecked, and your adrenals are burned out, but you don't know what to do. Burned out adrenal glands can be a root cause of a cascading number of symptoms and health conditions.

Maybe you have recurring infections and are on a Ferris wheel of antibiotics and recurring infections over and over again that it seems like you are always sick. It does not have to be this way because there are amazingly simple and effective solutions that don't keep you stuck on the cycle of dangerous meds.



You just want it fixed and you want to be better. And yes, you want to be healthy again!

Indigo Health Clinic was created for you. We are committed to helping people heal and regain the power of their own health – the way your body was originally designed.

Did you know that your body can heal itself? Not just human bodies in general, but you, your body! However, just like the soil or any ecosystem for that matter, your body requires essential building blocks to be present and obstacles and toxins to be eliminated.

Today, more than at any other time in history we have knowledge (born from decades of evidence based studies) and natural tools and therapies (proven effective by a plethora of science and evidence based studies) that we use at Indigo Health Clinic to help you heal, get better, and stay better.

We don't use a one size fits all method of diagnosing and prescribing because we know that each and every person is as unique biochemically as your finger prints are unique from another person. We aren't factory medicine – we provide functional, integrative and naturopathic medicine and therapies. These therapies

and life-style tools remove the obstacles keeping your body from expressing full health and vibrancy as well as provide other essential nutrients and building blocks your body cannot thrive without.

Our doctors, practitioners and nurses are board certified in integrative medicine, naturopathic medicine, acute care and family care. We have the training and expertise. But really, more important than that, our clients and patients are living proof that we are committed to extraordinary results when it comes to your health.

## What Clients Say



"Thank you to the mother-daughter naturopathic doctor duo of Dr. Isabel Sharkar and Snejana Sharkar. You've changed my life and put me on the path of healing empowerment." - Tatiana T.



"Indigo has made the process incredibly easy and given me the peace of mind that my health will continue to be valued during this time, despite the circumstances." - Maggie M.

# What Clients Say



"I have been going to Indigo Health Clinic for a couple of years and have always been very satisfied with the care and attention that I have received there. I feel incredibly blessed to have found Dr. Sharkar! Not only is she extremely knowledgeable but has gotten very creative in finding ways to treat whatever health issues I may have had in the past. Indigo Health Clinic has the finest team of medical staff that do everything in their power to treat me in the most natural way. I owe my life to them."  
- Ariana S.



"This place is amazing. After gastro docs just handed me a pile of prescription drugs to cure IBS, Indigo tested me for food intolerances and also directly addressed how to reduce stress. I no longer struggle with IBS symptoms. I have been so impressed with the level of attention and care received here. It's truly incredible. So highly recommended."  
- P.R.

# What Clients Say



"I cannot say enough good things about Dr. Sharkar. I am not being dramatic when I say she saved my life. I was having a very hard time since the birth of my daughter (insomnia, gut issues, anxiety, mood swings, you name it). She identified the problem and I started treatment right away. I had seen a lot of doctors before Dr. Sharkar and no one has ever compared. I owe her everything. I am better than how I was before I was pregnant." - Kate D.



"This clinic literally saved me after a terrible shingles outbreak, and a horde of autoimmune disorders. Competent, compassionate, excellent doctors. Cannot recommend them strongly enough. What they do at Indigo is the future of medicine. Indigo Clinic, also has their own line of carefully formulated supplements, and yes, their supplements work many times better than those on the market. And the place is lovely."  
- Sonia K.

# What Clients Say



"After seeking many doctors to help me with my Hashimoto's diagnosis; I finally found a highly skilled doctor who knows how to treat the disease and cares about her patients, Dr. Sharkar. I came to Indigo with many symptoms of the disease and in only 3 months, I've already started to feel so much better. My energy is back and I haven't felt this good since I was initially diagnosed a couple years ago. Dr. Sharkar listened to my symptoms and created an action plan to tackle each problem. AI can't stress how incredible she is, and I'm just so happy I found this clinic!" - Geysel G.



"I'm sending you and the Indigo team gratitude. Thanks to my visits, I've secured a new apartment. I used the advice to purchase something without anything to trigger my allergies. I've also been introduced to wonderful resources on your website, supplements, total wellness and true well-being. I think God delivered your team to me and I'm hopeful about my future. Thank you!" - M.M.



# Here Is What To Expect When You Become A Client At Indigo Health Clinic

## The Foundation

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

Functional medicine works to identify the root and dysfunction that is causing your particular symptoms. We then use a deeply 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 current symptoms in order to identify some important patterns as well as the type of testing that is needed to further investigate the root cause.

We have two kinds of Initial Consultations, regular – which is in itself extensive and thorough – (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 schedule a 2-hour Initial Consultation as well.

Through the process of your Initial Consultation, we will recommend certain lab tests which may include blood, salivary, urine or stool testing.

Where possible, Indigo's practitioners 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.

Additionally, we utilize specialized lab testing that enable us to understand much more about what is going on in your body physiologically than the standard blood





test most doctor's offices provide. By getting at this deeper 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 cost from \$300 to \$1500 depending upon the test.

# The Solutions

Once you have a much more exact picture of why you're feeling the way you are feeling and why your symptoms are happening as well as the specific imbalance that is happening inside your body, we create a unique integrative treatment plan for you that is workable for your life.

This may involve...

- Life-style changes and eating habits
- Nutritional therapies, once we know what your body requires with supplements and IV's
- Getting conscious about how your mind works on stress and reprogramming your nervous system
- Understanding and working with your own psychology from an energetics, archetypes and neuro-linguistics perspective, as well as the old buried emotions connected to your health issues.
- Identifying and shifting environmental negatives and toxicities



Healing takes time, just like getting unhealthy happened over time. So your treatment protocols involve us helping you to do what you need to do and providing you with accountability structures until you have reached your health goals. We call this journey **The Indigo Path** and our goal for you is that you can fully embody what it means to be fully healthy and vibrant.

**GIVE US A CALL TODAY AT (202) 298-9131**

Thriving optimal health is possible for you.



# INDIGO PRACTITIONERS



Snejana Sharkar, Principal Healthcare Provider and Co-Founder of Indigo Health Clinic is an ANCC Board Certified Family Nurse Practitioner (FNP) and an Acute Care Nurse Practitioner (ACNP). She has more than 30 years experience in Family Practice Medicine, Cardiology, Naturopathic and Functional Medicine, with a special interest in immune

system imbalances, as seen with patients diagnosed with cancer, Lyme disease and more.

Further, Snejana is Board Certified in Integrative Medicine and a member of the American Association of Integrative Medicine, Registered Naturopathic Diplomat (RND), American Holistic Medical Association (AHMA), American College of Cardiology and the American Academy of Naturopathic Physicians (AANP), DC Association of Naturopathic Physicians (DCANP), American Academy of Regenerative Medicine (AARM), International Lyme and Associated Disease Society (ILADS), Institute for Functional Medicine (IFM) and the Academy for Insulin Potentiation Therapy Low Dose (IPTLD).

# INDIGO PRACTITIONERS



Dr. Isabel Sharkar is a board certified naturopathic medical doctor who graduated from Southwest College of Naturopathic Medicine. She is a neurolinguistic practitioner and Healing from the Body Level Up (HBLU) practitioner. She is a member of the Institute of Functional Medicine, the Academy for Insulin Potentiation Therapy Low Dose (IPTLD), the American Academy of Naturopathic Physicians (AANP), and DC Association of Naturopathic Physicians (DCANP).

Dr. Isabel Sharkar is the driving force behind innovation at Indigo while seeking the best healing solutions to provide for her clients.

She leads and empowers female entrepreneurs to take back the power of health and well-being into their hands by ditching burnout and overwhelm and integrating the mind, body and soul. She helps women live the life of their dreams while looking and feeling their best through her group coaching program, Creatress Unleashed.

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

