

INDIGO HEALTH CLINIC

A NEW  
*HEALTH*  
JOURNEY

YOUR PARTNER IN HEALTH

# What Is Health?

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

True health means to thrive, to feel vibrant and have sustainable energy, to have a sharp, clear mind, and glowing skin, easy digestion, healthy hormones, and sound sleep every night.

Maybe you're "healthy" according to your MD and health insurance plan, but you 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 head. Aagghh! How frustrating... and we feel your pain. Truly.

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

Your body can heal itself. However, just like the soil or any ecosystem for that matter, your body requires essential building blocks and the elimination of toxins.

Today, more than at any other time in history we have knowledge (born from decades of evidence based studies), 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. We aren't factory medicine – we provide unique functional, integrative, and naturopathic medicine therapies.

Our practitioners are board certified in integrative and naturopathic medicine, acute 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

1

"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.

2

"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.

3

"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.

4

"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.

5

"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.

# What Clients Say

6

"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.

7

"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.

8

"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. Al can't stress how incredible she is, and I'm just so happy I found this clinic!" - Geyssel G.

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

## The Foundation

The Foundation stage is about **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 using 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
- Current symptoms
- Important patterns
- Testing needed

We have two kinds of Initial Consultations:

- **Regular Initial Consultation: 90-minutes, \$550**
- **Chronic Disease Initial Consultation (Cancer, Lyme, autoimmune): 2-hours, \$850**

If you have a long complicated medical history or would like to spend more time with the practitioner, you may schedule a 2-hour Initial Consultation.

During your Initial Consultation, we will recommend certain lab tests, which may include blood, salivary, urine or stool testing. We like to test and not guess. We utilize specialized functional lab testing that enable us to better understand what is physiologically going on in your body.

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.



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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 **\$125 Lab Draw Fee for processing labs** within our clinic. Recommended labs vary based on your health condition and insurance coverage and may range in cost from \$300 to \$1500 depending upon the test. *Pricing will be provided once your health history is well understood.*

Please be advised Indigo Health Clinic is not a lab testing facility. We require a Follow Up visit to review and release labs.



# The Solutions

Once you have a clearer picture of why you're feeling the way you are feeling, the root cause of your symptoms, 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 including supplements, IV Therapy, and eliminating food sensitivities
- Getting conscious about how your mind works on stress and reprogramming your nervous system
- Identifying and shifting environmental toxicities
- Detoxification practices
- Herbal remedies
- Peptides



Healing takes time, just like getting unhealthy happened over time. 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 truly healthy and vibrant.

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

Thriving optimal health is possible for you.



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# Indigo Health Clinic

## Pricing

Initial Consultation (90-minutes) \$550

Initial Consultation, Chronic Disease (2-hours) \$850

Initial IV Therapy Consultation (30-minutes) \$185

Follow-Up Visit (60-minutes) \$375

Follow-Up Visit (90-minutes) \$550

Acute Visits (30-minutes) \$185

Lab Draw \$125

Pricing for labs, supplements, and other therapies will be provided after we formulate your unique Treatment Plan.

# 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 SCNM. She is cofounder of Indigo Health Clinic and the driving force behind innovation, while seeking the best healing solutions to provide for her clients. She is a neurolinguistic practitioner and training in the VITA Method as a VITA Coach. She is a member of the Institute of Functional Medicine, the Academy for Insulin Potentiation Therapy Low Dose (IPTLD), and many more.

Dr. Isabel stands for the empowerment of female entrepreneurs. Through her program, *Creatress CEO Unleashed*, she births the new female archetype, ***the Creatress***, who through healing herself can heal the world. The time to shift how we do business as women while embodying health, wealth, joy, pleasure, and style is now. Dr. Isabel is a Conscious Lifestyle Consultant™, leading women into full self-expression. Through mind-body-soul integration and connection to one's personal power, women become the ultimate Creatresses of their reality.

She has been internationally featured in Harper's Bazaar, Byrdie, Pop Sugar, Psychologies Magazine, Huffington Post, Top Sante, Aspire Skin, Net Doctor, Perfect Wedding, Country Weddings, Vogue, Natural Awakenings, Modern Luxury, NBC News, the Exhausted Docu-series, and numerous podcasts.

You can read her co-authored book, *Nourished: Wisdom from Leaders Living in Flow and Fulfillment* [here](#).

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



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