

Get Healthy Now! Package - \$450 (\$550 value)

This deluxe package is for the "newbie" to healthy eating or those with chronic health issues. Dr. Ostroff will design a personalized roadmap leading you back to amazing health.

Since success depends on YOU and we all lead busy lives, this package helps you stay the course. (Includes several follow-up meetings where we will celebrate successes together and tweak the areas that might need extra attention. We offer advice for shopping, dealing with cravings, plus great products to try and recipes).

- Initial Consultation (90 mn - 2 hrs)
- Comprehensive medical history, diet & lifestyle
- Nutraceutical recommendations
- Priorities & goals defined
- Re-evaluation & fine tuning of diet/lifestyle
- Top 5 health concerns
- Review of any blood work/testing
- Suggest additional testing (if needed)
- Follow-up (1 hr) plus 2 check-ins (30 mn ea)
- Review of any additional testing
- Presentation of personalized dietary plan

Diet & Supplement Evaluation Package - \$230 (\$280 value)

This package is for those who are already eating healthy and taking supplements but have yet to knock out that debilitating health issue or want to find out what nutrient deficiencies they may have.

Dr. Ostroff will design a personalized roadmap and enhance your existing program to achieve success!

- Initial Consultation (1 hr)
- Review your food diary and supplement list
- Discuss top 2 health concerns
- Review routine blood work or recent testing
- Suggest additional testing (if needed)
- Follow up (1 hr)
- Review of any additional testing
- Nutrient re-evaluation
- Dietary plan/roadmap for health