

Functional Health Mama/The Functional Perspective FEE SCHEDULE 2019



Gut Health 101 - \$597

Comprehensive Stool Analysis: (GI-Map from Diagnostic Solutions) DNA/PCR Based stool analysis including testing for h.Pylori, commensal gut flora, opportunistic, and pathogenic bacteria. Markers for digestion related to pancreas, gall bladder, inflammation, and gluten.

A one-on-one 60-minute consult with Salena to go over your comprehensive Stool Analysis/GI-Map Stool test so that you not only get the information, but understand how to put that information into context and make changes to better your health

30 days of unlimited messaging through private client portal with Salena (30 days begins after your 1-on1 consult)

Access to high-quality supplements and other health products at deeply discounted prices

Access to private Facebook group where you can connect with Salena during weekly Facebook live events

\$597 upgrade credit towards any of our extended health and wellness packages (6 or 12-month packages)

Gut Health 102 - \$597

Organic Acids Test: (OAT from Great Plains Laboratory) – 74 organic acid markers including markers related to fungi, yeast, bacteria, oxalates, detox burden, and nutrients

A one-on-one 60-minute consult with Salena to go over your Organic Acids Test(OAT) so that you not only get the information, but understand how to put that information into context and make changes to better your health

30 days of unlimited messaging through private client portal with Salena (30 days begins after your 1-on1 consult)

Access to high-quality supplements and other health products at deeply discounted prices

Access to private Facebook group where you can connect with Salena during weekly Facebook live events

\$597 upgrade credit towards any of our extended health and wellness packages (6 or 12-month packages)

Gut Health 201 \$997

GI-Map & Organic Acids Test, 90-minute Consult, Personalized Strategy Guide, Unlimited Messaging for 30 days, Access to supplements at reduced pricing, \$997 upgrade credit towards 6 & 12-month membership programs.

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Functional Wellness Assessment - \$597

Adult Functional Wellness Panel: CBC, CMP, Vit D, Fasting Lipid, TSH, FT3, TT4, TPO, B12, Total Testosterone, Estradiol, Homocysteine, Hs-CRP. 60-minute Consult, Personalized Strategy Guide, Unlimited Messaging for 30 days. \$597 upgrade credit towards 6 & 12-month membership programs.

Nutrigenomics 101 - \$497

The most advanced and private Genetic Test Kit with over 17000 genes, compiling of the raw data into easy to read reports.

Custom supplement, detox, dietary, exercise, sleep and stress reduction strategies

Your raw DNA data

Comprehensive 60+ page report that contains detailed information about the expression of your genes

A one-on-one 60-minute consult with Salena to go over your genetic test so that you not only get the information, but understand how to put that information into context and make changes to better your health

30 days of unlimited messaging through private client portal with Salena (30 days begins after your 1-on1 consult)

Access to high-quality supplements and other health products at deeply discounted prices

Access to private Facebook group where you can connect with Salena during weekly Facebook live events

\$497 upgrade credit towards any of our extended health and wellness packages (6 or 12-month packages)

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Comprehensive Functional Health Review 301 - \$2997

Comprehensive Genetic Test: (Functional Genomic Analysis) The most advanced and private Genetic Test Kit with over 17000 genes, compiling of the raw data into easy to read reports, and mapping which includes integrating symptoms and functional lab testing

Organic Acids Test: (OAT from Great Plains Laboratory) – 74 organic acid markers including markers related to fungi, yeast, bacteria, oxalates, detox burden, and nutrients

Comprehensive Stool Analysis: (GI-Map from Diagnostic Solutions) DNA/PCR Based stool analysis including testing for h.Pylori, commensal gut flora, opportunistic, and pathogenic bacteria. Markers for digestion related to pancreas, gall bladder, inflammation, and gluten.

Custom supplement, detox, dietary, exercise, sleep and stress reduction strategies

Unlimited consults with Salena for 6-months*

6-months of unlimited messaging through private client portal with Salena (*6 months begins after your 1-on1 consult)

Access to high-quality supplements and other health products at deeply discounted prices

Access to private Facebook group where you can connect with Salena during weekly Facebook live events

\$1597 upgrade credit towards 12 month extended health and wellness packages if upgraded within 60 days of initial consult.

Miscellaneous

Functional Genomic Analysis – \$347 60-minute consult - includes reviewing your raw data from genetic company such as 23&me, MaxGen, or ancestry.com and a 30 days of unlimited messaging, **does not include testing.**

Comprehensive Functional Health Review – \$697 120-minute consult - includes reviewing: health history, labs, review of genomics, symptoms and creating a functional health and wellness strategy. Does not include follow-up appointments and **does not include lab testing.**

Hourly Consults, non-members:

- 60-minute consult \$300
- 30-minute consult \$150

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6-Month Functional Health Package - \$1997* or \$325/mo/6 months

Unlimited Appointments for 6 consecutive months with Salena

Up to 2 Consults with Collaborating Physicians, additional visits may incur an additional consulting fee depending on the physician

Initial Functional Genomic Testing – or a \$200 credit towards other lab testing

Personalized Supplement Plan

Personalized Lifestyle Plan

2-Buteyko Breathing Consults

Personalized Testing Recommendations

Unlimited Messaging

Access to Deeply Discounted Supplements and Health and Wellness Products

Any labs ordered through us are at the best available price - we do not upcharge on labs. The most common tests and companies we use are:

- GI Map - Diagnostic Solutions Laboratory
- GI Effects - Genova Laboratory (if we are needing to take a really close look at microbiome, otherwise prefer GI Map)
- OAT (organic acid testing) Either Genova or Great Plains laboratory (prefer GPL)
- NutrEval or ION – Genova
- DUTCH – Precision Analytical
- Mercury Tri-test - Quicksilver Scientific
- Adrenal testing - Genova
- Traditional lab tests such as CBC, CMP, extended thyroid panel, other hormones and variety of other functional health markers. (GGT, Ferritin, Uric Acid and HS-CRP, just to name a few)

Access to The Functional Perspective/Functional Health Mama private MeWe group

*Up to \$1997 Upgrade Credit if Upgraded to Advanced Package within 60-days of initial consult

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12-Month Functional Health Package - \$2997* or \$275/mo

Unlimited Appointments for 12 consecutive months with Salena

Up to 4 Consults with Collaborating Physicians, additional visits may incur an additional consulting fee depending on the physician

Unlimited messaging through the ChARM portal. If we deem a message too complex to answer we will require you to book an appointment to discuss.

Communication with other providers at your request

Initial Functional Genomic Testing, or \$200 credit towards other testing

Personalized Supplement Plan

Personalized Lifestyle Plan

4-Buteyko Breathing Consults

Personalized Testing Recommendations

Unlimited Messaging

Access to Deeply Discounted Supplements and Health and Wellness Products

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