



DR. NOOSHA'S
WORK FLOW



WHAT TO EXPECT

1

FREE CONSULT (15 - 30 MINS)

This first call is when we start to dig into your health history, establish goals and review any concerns you may have. I will recommend you complete either a **comprehensive hormone test or a stool analysis or both** depending on your goals and level of commitment to change. Based off your symptoms you may receive a few targeted supplement recommendations. Other labs may also be discussed depending on your individualized symptoms, goals, wants + needs. Not everyone needs to run labs right away and adjustments are made accordingly.

2

NEW CLIENT INTAKE (90 - 120 MINS)

During the time in between your free consultation and our first initial intake, you will be onboarded on as a new client. **During this longer initial intake**, usually scheduled for a month after, we will dive further into your current lifestyle and **review your lab results extensively**. This is when things start to click and really make sense for clients. Following this intake you will receive a **unique & individualized plan** that includes **medical grade supplement therapy** & specific lifestyle recommendations based off your biochemistry.

3

FOLLOW UPS

Follow ups are scheduled every 4-8 weeks to **check in on progress and edit your plan as needed.** I will be there every step of the way to answer any questions that may pop in the process. **You'll have access to me** via the practice better chat feature, which I respond to within 48 business hours. Typically clients spend 6 months healing either their gut or hormones first, and then move into the other starting with the specialty lab they didn't run the first time around.

FAQs

1) Do I take insurance? Unfortunately no this is a cash based practice. Payment plans are available upon request!

2) How long can I expect to work with you? My clients that are committed to making changes and continually follow up tend to "graduate" after 1-2 years of working with me - meaning they've learned enough about their individual bio-physiology to become the CEO of their own health.

3) What does it mean for my symptoms if the first specialty lab I run comes back normal? I've never ran into a person where this is the case... however, if it comes back normal ... we will continue to search for the root cause of your symptoms. Sometimes a comprehensive intake is all I need to recommend a great plan for you to implement.

4) Should I run the comprehensive hormone analysis or stool analysis first? Can I run both? This is something I will help you figure out in the first consultation. It really depends on your presenting symptoms. Say you have symptoms that point to both a hormonal imbalance and gut issues - the severity of those symptoms and some clinical questioning will help guide me to which is more appropriate for you to run first! You can run both at the same time - or we can tackle one issue at once.



Interested in
individualized &
personalized care?

Ready to get to the root
cause & heal?

Ready to commit and
invest in yourself?

I can help.

Click here to
schedule a free
discovery call

