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Your 10-Week Plan to Optimized Health

Name \_\_\_\_\_

Pay-As-You-Go- No Contracts!

Advanced Nutritional Solutions (ANS) utilizes safe, non-invasive biofeedback testing to customize an all-natural program best suited for your unique needs. We will be meeting in person and on the phone four times over a 10-week period to make sure you achieve your goals. Be sure to write these follow-up dates in your calendar. Our reminder phone calls/emails are a courtesy to you. You are responsible for your appointment dates. Appointments are based on availability.

Week One: Testing Visit – 80 minutes - \$125 adult/\$95 family/child

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

During your first appointment, we'll focus on your main complaints and determine the first phase of your customized program. Our painless testing determines the specific remedies for individual needs. Please bring all medications and food supplements that you are currently using – including any over-the-counter medications. It's also helpful (but not required) to bring any blood tests or lab reports you've had within the last 9 months. At the end of this first session, you will receive:

- Food Selection Sheet – safe foods for you
• List of personalized remedies and supplements
• Dosing Chart – how much, when and why
• 5% savings discount on products

Week Two: Phone Visit – 5 minutes – No Charge

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

A quick check-in call is important as you begin the second week of your program. This is a perfect time to get your questions answered. Please write them down on the Questions for Lee sheet. Lee will be asking you some questions so that your supplement doses can be assessed and adjusted as indicated.

Week Four: Testing Visit – 50 minutes - \$90 adult/\$85 family/child

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Another series of biofeedback testing will validate your progress as you enter week four. It will help us know when to cut back on remedies in your program and determine the next step of your program. It may include introducing second stage remedies that your body is ready for now. Please remember to bring all of your remedies so that we can get your set up for the next 6 weeks. We may ask you to complete a specific blood test prior to this appointment. Remember to bring in your blood tests if they have been ordered. \*Your 2nd product order will be at the 10% savings discount level.

Week Ten: Testing Visit – 50 minutes - \$80 adult/\$75 family/\$60 child

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Based on your progress up to this point, together we will determine whether your goals have been met. We may suggest a reduced plan to maintain the level of health you have achieved and some products recommended will be re-orders of those that have been proven successful for you. \*From now on, all services and products will be 15% off.

1. Various recommended natural remedies average \$100-\$200 per month, depending on your specific needs.
2. Discounted Family Rate (e.g. husband & wife, same household) applies.
3. Discounted Children Rate (under age 16) applies.

\*Prices are subject to change without notice.

Refer-a-Friend Bonus: Receive \$20 off for you and \$20 off for your friend!

\*Note: Bonus is redeemable for Office Visits Only.