

# **LIFESTYLE MANAGEMENT PROGRAM**

**BACKGROUND:** As you may already know, the incidence of obesity and diabetes is rising at an alarming rate in the United States. Virtually every healthcare practitioner is aware of the economic and quality of life costs associated with these diseases. Obesity and diabetes represent two of the four diseases associated with Metabolic Syndrome often referred to as Syndrome X. The other two are Lipid Disorders and Hypertension. Polycystic Ovarian Syndrome (PCO) is a related condition and is the number one cause of infertility in the United States. All five of these conditions are insulin resistant disorders. Inflammation is also associated with Irritable Bowel Disease (IBD), Irritable Bowel Syndrome (IBS) and Interstitial Cystitis (IC).

The healthcare community widely recognizes that “Lifestyle Modifications” are the cornerstone of the treatment for these conditions. Many patients and even healthcare providers remain confused as to what constitutes these changes and how to implement these changes effectively within the current restrictions of healthcare system, busy schedules and confusions regarding diets.

Nature’s Pharmaceuticals, Inc. has developed a very effective “Personal Lifestyle Program” that works with patients and the physicians to augment the treatment of Syndrome X conditions, IBS/IBD and/or Insulin Resistant disorders. This very effective program includes the following:

1. **INITIAL INTAKE INTERVIEW** – This one (1) hour interview includes a review of the patient’s laboratory data, family medical history, individual medical history, stress survey, carbohydrate assessment, Body Mass Index Calculations, mutual establishment of health goals, identification of food likes and dislikes and an explanation of the general program. **The cost of this interview is \$175.00.**

2. **PRESENTATION OF PERSONAL LIFESTYLE PROGRAM** - This one (1) hour interview fully and completely explains the patient's **INDIVIDUAL Lifestyle Program** uniquely prepared for them. The program includes: **The cost of this interview is \$110.00**
  - a. Development of a Seven (7) day Nutrition plan with the goal of maintaining low and even insulin and blood sugar levels.
  - b. Recommendations for the development of a mutually agreed upon Physical Activity program; with a focus on enjoyment.
  - c. Recommendations for the development of a Stress Management program; with a focus frequency and managed responses.
  - d. Recommendations for individual and specific foods and supplements to address the underlying inflammation associated with Syndrome X diseases and/or IBS/IBD for the particular patient.
  
3. **INITIAL START APPOINTMENT** – When starting on the program the patient is requested to notify our office. This appointment is scheduled after the client has been following the plan for about two (2) to three (3) weeks. This face-to-face appointment is scheduled to answer questions and assure that your are “on track” The **cost of this one (1) hour appointment is \$110.00**. This is a customized appointment to help the client address any specific questions regarding the application of their **NEW** Lifestyle.

4. **FOLLOW UP** – After the patient has been following the program, the client is contacted monthly via email or phone call to monitor progress and offer support. **There is NO cost for these follow-up contacts.**

Please call today to schedule your appointment for a Personal Lifestyle Program for Polycystic Ovarian Syndrome, Irritable Bowel Disorder, Irritable Bowel Syndrome, Intestinal Cystitis, Weight Management, High Blood Pressure, Elevated Cholesterol and Triglycerides and Diabetes.

While Nature's Pharmaceuticals does not subscribe to any insurance plan, we will assist you in filing your insurance claims. We will provide you with an itemized receipt for your visits and provide you with a "Letter of Medical Necessity" for your physician to complete for you. This information will allow you to file the claim and hopefully receive reimbursement directly from your insurance provider. If you are planning to file your visits with your insurance provider, it is recommended that you first check with them to verify coverage for nutritional/lifestyle counseling.

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