



CUSTOMIZED WOMEN'S HEALTH PLANS

with Dr Melanie MacIver ND



Detox and weight loss \$740

A personalized approach to weight loss. Identify your metabolic deficiencies with testing, nutrition, lifestyle and supplementation. (Hormone Testing*)



Hormone intensive \$740

This program is for you if you have symptoms of PMS, endometriosis, PCOS or any hormonal imbalances. (Hormone Testing*)



Digestive intensive \$740

If you have been battling bloating, IBS, SIBO, constipation or any digestive upset, this program is for you. (Hormone + GI Testing*)

*does not include lab work, supplements
(additional costs vary from \$100-\$300 based on individual needs)



Dr Melanie MacIver ND is excited to announce her programs, based on **20 years of experience** as a naturopathic doctor and herbalist working with women one on one.

4 APPOINTMENTS IN 5 MONTHS

First visit - 60 minutes

Second visit - 45 minutes

Third and fourth visits - 30 minutes



WOMEN'S HEALTH INTENSIVE

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Every plan will be customized to your individual metabolic pattern and needs.



INITIAL VISIT

60 MINUTES

- Detailed medical history Health and health goals discussion
- Screening for lab work
- *Introductory treatment plan:
 - Basic diet and lifestyle recommendations
 - Lab requisition provided for thorough hormonal workup
 - Personalized diet, lifestyle and herbal medicine recommendations

THREE FOLLOW-UP VISITS

Expect to leave understanding what is happening in your body and what to do!

45 MINUTES

Complete your labs before the next appointment follow up in 4-5 wks.

1

- Follow-up consultation and detailed lab results review - Updated treatment plan: diet, timing of foods/which to avoid, lifestyle, herbal & nutrient recommendations.

30 MINUTES

Follow-up in 6 wks.

2

- Check-in and adjust treatment if necessary
- Diet questions addressed
- Follow-up lab requisition to compare with initial visit.

30 MINUTES

Complete your lab work before the next follow-up in 6 wks.

3

- Follow-up treatment plan and assess progress
- Treatment review and modified if needed
- If you are feeling significantly better, enter maintenance.

The maintenance phase involves a check in every 3-6 months, and testing every 6-12 months, depending on individual needs.



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comprehensive testing:

★ IV therapy is a nice add-on to any visit, and can fast track your progress.

★ Requisition for the local hospital lab provided

- Full thyroid assessment:** TSH, free T3, free T4, and thyroid antibodies
- Stress hormones:** morning cortisol and sometimes afternoon cortisol
- Liver panel:** liver enzymes to assess for fatty liver
- Inflammatory markers:** inflammation can decrease your metabolism CRP, ESR and ferritin
- Energy vitamins:** B12 and vitamin D
- Lipids:** cholesterol and triglycerides
- Insulin resistance:** the two-hour insulin challenge test with glucose
- Female hormone imbalance:** estrogen and progesterone
- Other hormones or markers may be tested as needed.