



VISITS & LABS SUMMARY

Every practitioner will handle their consults and labs differently. Your Vibility programs do not give practice members any specific details about when office visits will take place or whether labs will be included in their program. This means you can handle these in whatever manner best suits the needs of your practice.

The only thing that we will specifically mention to your practice members is that they need to discuss their food reintroduction plan with someone from your team around the end of the detox, or around Day 44 of the program. This can be done as part of an in-office meeting with you and/or your staff or can be done over the phone.

There are also coaching calls that take place throughout the course of the program. These are designed to increase touchpoints with patients without requiring office visits or tying up your staff for long periods of time. Coaching calls and notifications about coaching calls can be included in your program or omitted based on the needs of your practice. For more information about coaching, please refer to the [Coaching Practice Members section](#) in the Getting Started Guide.

VISITS AND LABS RECOMMENDATIONS

6 MONTH PROGRAMS

VISITS

- 4 office visits (20-30 minutes each)
 - 3 visits with the doctor/practitioner
 - 1 visit with the health coach (if applicable)

LABS

- Initial labwork (comprehensive baseline as listed below)
- Post-detox use a follow-up Metabolic Assessment from the initial paperwork for tracking objective improvements
- Post-detox labwork (comprehensive panel follow up for data tracking of improvements)
- Post-detox food sensitivity testing (if desired)
- Post-detox / month 3 - saliva/urine hormone testing
- Final labs (mid-month 6 - comprehensive panel or follow up labs only)

3 MONTH PROGRAMS

VISITS

- 3 office visits (20-30 minutes each)
 - 2 visits with the doctor/practitioner
 - 1 visit with the health coach (if applicable)

LABS

- Initial labwork (comprehensive baseline as listed below)
- Post-detox use a follow-up Metabolic Assessment from the initial paperwork for tracking objective improvements
- Post-detox labwork (comprehensive panel follow up for data tracking of improvements)
- Post-detox food sensitivity testing (if desired)

Note on hormone testing for 3 month programs:

Hormone testing should not typically be included in this program unless it is communicated that if testing shows an imbalance, an extension of the plan will be necessary for any treatment.

SUGGESTION: Sell a 4 month program with 4 months of curriculum that includes hormone testing at the end of month 3 with 1 month of treatment (\$4597-\$5697)

60 DAY PROGRAMS

VISITS

- 2 office visits (20-30 minutes each)
 - 1 visit with the doctor/practitioner
 - 1 visit with the health coach (if applicable)

LABS

- Initial labwork (comprehensive baseline as listed below)
- Post-detox use a follow-up Metabolic Assessment from the initial paperwork for tracking objective improvements
- Post-detox labwork (comprehensive panel follow up for data tracking of improvements)

30 DAY PROGRAMS

VISITS

- 2 office visits (20-30 minutes each)
 - 1 visit with the doctor/practitioner
 - 1 visit with the health coach (if applicable)
 - **OR** 2 visits with health coach (if applicable)

LABS

- No Labs
- Post-detox use a follow-up Metabolic Assessment from the initial paperwork for tracking objective improvements

Labs panel recommendation:

322000 Comprehensive Metabolic Panel (CMP-14)

081950 Vitamin D, 25-Hydroxy

346644 Lipid Panel + VLDL + Non-HDL Cholesterol + TC/HDL Ratio

167015 Apolipoprotein B

120766 C-Reactive Protein (CRP), High Sensitivity

706994 Homocyst(e)ine

324741 Ferritin + Iron + Total Iron-binding Capacity (TIBC)

001453 Hemoglobin A1c (HbA1c)

004333 Insulin

224576 Thyroid-stimulating Hormone (TSH) + Thyroxine (T4), Free

010389 Triiodothyronine (T3), Free

006684 Thyroid Antibodies (TPO and Thyroglobulin)

005009 Complete Blood Count (CBC) With Differential

080283 Magnesium, RBC

(Comprehensive panel options)

001958 GGT

001057 Uric Acid

100800 Fructosamine

104018 Cortisol, AM

004020 Dehydroepiandrosterone (DHEA) Sulfate

082016 Sex Hormone-binding Globulin (SHBG)

140103 Testosterone, Free, Direct + Total Testosterone

004515 Estradiol (E2)

004317 Progesterone

VISIT SUMMARIES

1ST VISIT (20-30 minutes)

- Initial doctor's visit to review preliminary labs
 - Use this visit to make minor customizations to supplement protocol
 - Most commonly focused on adrenal support, blood sugar support, and thyroid support (only if necessary), or anemia, if iron deficient
- **Food sensitivity testing NOT recommended prior to gut repair and detox because some foods will be marked as sensitivities that are not necessarily true sensitivities (due to leaky gut). After the gut repair and detox, any sensitivities that appear in testing will be actual sensitivities to treat.**

2ND VISIT (20-30 minutes)

- Coaching visit (between week 6-8, around the end of detox), discussing food reintroduction plan and continued lifestyle changes (option #1)
- Some offices choose to do reintroduction plan on the phone and use the in office visit to review the long-term nutrition plan with macros (option #2)
- You will give them their MedPax for month 3 at this point (if on a 3 or 6 month program) and can add customized supplements to the MedPax based off initial and follow up labs, metabolic assessment questionnaires, goals and progress
 - Example: Leptin Manager for weight loss and cravings, other supplements for continued adrenal support, blood sugar support, thyroid support, autoimmune/inflammation support
 - More examples of custom supplements can be found on the [Custom Supplement page](#)
- Order food sensitivity testing, if desired (3 & 6 month programs)
- Give lab requisitions and saliva/urine kit to take with them and have completed by the end of the 3rd month (3 & 6 month programs)
- If on a 60 Day Program, this visit should be during reintroduction and you will also use this as an opportunity to upsell on a longer program of curriculum with additional testing and supplements and recommend VIP programs / continued MedPax

3RD VISIT (20-30 minutes)

- Doctor visit at the beginning of month 4 to review lab results and receive customized supplement recommendations (based on follow-up labs and hormone testing)
- Give MedPax for months 4-6 at this point
- Can schedule an optional coaching visit during month 5 to check on progress. Remember, they will be getting coaching calls from your team about every 3 weeks at this point.
- Schedule for follow-up/final bloodwork again around mid-month 6 (6 month program only)
- If on a 3 Month Program, use this as an opportunity to upsell on a longer program of curriculum with additional testing and supplements or recommend VIP programs / continued MedPax

4TH VISIT (20-30 minutes)

- Doctor visit at the end of month 6 to review program results, review final blood work, and recommend VIP programs / continued MedPax

Special Note for Detox:

If a person is very toxic and also doesn't have well established detox pathways for phase 1 and 2, the body can become overwhelmed with the toxins that are trying to get out but instead, these toxins get reabsorbed and reintroduced into the system in large quantities. We would suggest this person eliminate the shakes for a few days to see if it calms down. Then they should start making 1 shake a day with 1 scoop only to start back slowly. Make sure they can handle 1 shake per day with only 1 scoop for at least 3 days without symptoms before moving to day 1 of the regular protocol. If they can do that with no symptoms, they will probably be able to then follow the rest of the detox instructions starting back on day 1. (they will run out of product early but that is OK for this case.) If at any point, they start having significant symptoms again, they can just back down to the previous dosage for a few days and the symptoms should resolve. Then they can attempt to move forward again.

It's also possible that their body needs additional help eliminating the toxins which is common with

mold toxins. In this case, OptiFiber Lean can help absorb toxins when taken between meals 2x day.

UPDATE: WholeScripts now has GI Detox which is a better binder in my opinion. Take 2 pills 1 hour after each shake for best results.

It is important to understand the importance of doing a detox after this kind of reaction. This is even more evidence as to the importance of detox for health long term. Additionally, we would definitely recommend considering a follow up with more gut repair and detox in about 3 months as well.