

ReCODE Package (6 Months) \$1,295* USD (over \$190 savings)

This program includes six sessions with Karin:

Initial Visit (2 hours):

- MoCA assessment will be administered in-person
- ReCODE Report and lab work will be reviewed if available
- ReCODE 2.0 Certified practitioner will be referred if necessary
- Assess current dietary and hydration intake as well as serum nutrient levels to determine if client is breaking down and absorbing what they're eating
- Address maldigestion and dysbiosis and their symptoms (constipation, diarrheas, gas, bloating, reflux etc.) to optimize absorption and nutrient availability
- Support clients in real time with blood sugar concerns using a Continuous Glucose Monitor or supporting them with ketosis by monitoring ketones

First Follow-up Session (1 hour):

The next five sessions will be monthly 1-hour appointments.

- Review progress and review the benefits of using the Apollo Health portal for training, cognitive assessments and the different forums available to them.

Sessions 3 and 4 (1 hour each):

- Explore Photobiomodulation, BrainTap and HRV assessments.

Sessions 5 and 6 (1 hour each):

- Continued support and review of any updated reports and assessments.

Also included in this program:

- Up to two 10-minute calls in-between monthly appointments and up to 5 emails to address any questions and keep momentum going on the program. Communication and access to the practitioner plays a key role and offers the best outcomes.

- Two ReCODE Reports to track your progress through the program, with reminders to repeat cognitive testing and labs as recommended.
- Overview of cognitive assessments results (MoCA, AQ 21 & CNS Vital Signs Assessment), over time to track your performance and progress.
- Development of a personalized plan based upon your ReCODE Report, which will include assistance with monitoring oxygen saturation, glucose and ketones, guidance in the dietary and lifestyle strategies, potential referrals to other ReCODE 2.0 Certified practitioners such as a ReCODE 2.0 Certified Dentist, as needed.
- In-office baseline Heart Rate Variability Stress Assessment at beginning of program and a retest at the end of the program.
- One BrainTap Headphone and Visor Session offering light and sound therapy for neuroplasticity. At home sessions available for an additional cost.
- One Photobiomodulation (Red light Therapy) helmet and gut pad session. Additional sessions strongly recommended at an additional cost. Package discounts are available.

We strongly recommend a second 6-month session to really crystalize all aspects and benefit of the program (not included in program cost).

*Costs for labs, supplements, equipment and supplies, and adjunct therapies and treatments are not included in the program price, unless specifically stated.