

# Integrative Physical

**4-Night Program \$6,300 USD**

*Includes room tax. Mexican residents add 8% VAT.*

Your path to healthier living and a better quality of life begins with a comprehensive assessment of your overall health. At Sanoviv, you are assigned a 7-member team to work with you, including a medical doctor, nutritionist, psychologist, chiropractor, biological dentist, fitness professional, and bioenergetic specialist. Experience a completely integrated team to assess and recommend solutions for your health concerns. Together, we take a whole-body approach to your wellness and offer everything under one roof in a beautiful healing environment. From nutritious, prepared meals to advanced alternative therapies, Sanoviv takes care of everything so you can focus on feeling better.

## Customized Program Includes::

- Laboratory Tests (*see list*)
- Electrocardiogram (EKG)
- Ultrasound (*abdomen, breast, and other areas if indicated*)
- Breast Thermography\* (*if indicated*)
- Medical Consultations
- Nutrition Assessment & Consultation
- Psychology Consultation (*one-on-one*)
- Chiropractic Assessment
- Dental Evaluation with Panorex X-ray
- Fitness Assessment
- Swedish Massage
- Max Pulse (*HRV & Vessel Health Assessment*)
- Bioimpedance Analysis (*body composition*)
- Morning Meditations
- Food Preparation Demonstrations
- Fitness Classes (*stretching, rebounding, water fitness, yoga, and light strength, as available*)
- Lectures (*nutrition, detox, breathing*)
- 4 Nights Oceanfront Accommodations
- All Meals (*whole food, gluten-free, dairy-free*)
- 3 Months of Aftercare Support



## Laboratory Tests

- Comprehensive Metabolic Panel
- Complete Blood Count (CBC)
- C-Reactive Protein
- Thyroid Panel (TSH, T4, T3, FT4, FT3)
- Thyroid Peroxidase Antibodies (TPO)
- Urine and Stool Analysis
- Blood Type
- Vitamin D (25-hydroxy)
- Sedimentation Rate (ESR)
- Glycated Hemoglobin (HbA1c)
- Homocysteine
- Fasting Insulin
- PSA (male) or Pap smear (female)
- Male/Female Hormone Panel (*if indicated*)

\*Breast ultrasound and thermography are for females only. Thermography cannot be performed during menstruation. Bathing, sun exposure, applying lotion, or certain therapies are restricted at least 3 hours prior to test.

*Improving the Quality of Your Life!*

## Medical

Your Sanoviv doctor guides your program and works closely with the integrative team to assess your overall health and recommend follow-up treatments. Priorities and plans are established according to the principles of functional medicine to address your health concerns. Experience the best of the entire Sanoviv medical team!

## Nutrition

Your nutrition assessment includes reviewing your diet history, nutritional supplements, and eating behaviors. A bioimpedance analysis evaluates your body composition, hydration status, and cell quality. Your nutritionist works with the medical team and makes suggestions for improvement.

## Psychology

You are professionally guided to recognize life patterns contributing to your health condition. Your psychologist provides emotional support and solutions for stress management.

## Chiropractic

The structure of your body, including spinal alignment, joints, and body movement, is assessed using multiple modalities. Our chiropractors work closely with the medical team to help eliminate factors contributing negatively to your health condition.

## Fitness

Physical fitness is an essential component of health. Our exercise professionals evaluate your strength, cardiovascular capacity, and flexibility to identify priorities and help you increase movement.

## Dental

The biological dentist comprehensively assesses your dental health, including gums, teeth, restorations, and oral condition. A Panorex x-ray of your mouth is included to help identify potential issues that may affect your health. The dentist offers recommendations and a treatment plan if needed.

## Bioenergetic

Our bioenergetic evaluation provides the medical team with additional information about your health status using the latest biofeedback technology.

### Optional packages that may be added to your Integrative Physical Program

<b>Cardio Module</b> Integrative Physical + \$1,100 Cardiovascular Inflammation Panel <ul style="list-style-type: none"> <li>• F2- Isoprostanes</li> <li>• Microalbumin Creatine Ratio</li> <li>• Myeloperoxidase</li> <li>• Lp-PLA 2</li> <li>• Galectin-3</li> <li>• CoQ10</li> </ul> Cardiologist Consultation with Echocardiogram	<b>Cancer Module</b> Integrative Physical + \$3,800 Two-Segment CT Scan Colonoscopy or Endoscopy <ul style="list-style-type: none"> <li>• Polyp removal <i>(if indicated)</i></li> <li>• Pathology Test <i>(if indicated)</i></li> </ul> DetoxiGenomic Profile (Genova Diagnostics) 4 Tumor Markers <i>(doctor indicates)</i>	<b>Gastro Module</b> Integrative Physical + \$5,500 Colonoscopy & Endoscopy <ul style="list-style-type: none"> <li>• Polyp Removal <i>(if indicated)</i></li> <li>• Pathology Test <i>(if indicated)</i></li> </ul> Comprehensive Stool Test <ul style="list-style-type: none"> <li>• GI Microbial Assay Plus</li> </ul> SIBO Test (Genova Diagnostics)
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*The scenarios listed are examples of tests, medical treatments, and therapies included in this program. Some are only done if indicated by the doctor. This program is sold as a package, and there is no refund or credit for items not received. Each guest is treated according to his or her unique symptoms and needs within the parameters of the program. Occasionally, your medical team may recommend additional tests, therapies, or consultations not included in this program after your assessment that would necessitate an additional fee. These add-on services will only be ordered after being thoroughly explained to you and obtaining your written approval.*