



Integrative Physical

Your path to healthier living and a better quality of life begins with an accurate assessment of your overall health. At Sanoviv, we use an integrative approach including medical, dental, nutritional, structural, bio-energetic and mind-body evaluations. Your results are reviewed by the entire medical team and recommendations are made for personal health improvement.



Customized Program May Include:

- ✓ Comprehensive Lab Testing*
- ✓ Ultrasound (breast, abdomen, pelvis)
- ✓ Stress & Relaxation Measurement
- ✓ Bioimpedance Analysis
- ✓ Breast Thermography*
- ✓ Professional Consults (doctor, dentist, nutritionist, psychologist, fitness)
- ✓ Structural Assessment
- ✓ Bioenergetic Health Assessment
- ✓ Daily Morning Meditations
- ✓ Food Preparation & Juicing Classes
- ✓ Fitness Classes as available (stretching, dance, yoga, water fitness, strength, stability ball)
- ✓ Lectures as available (nutrition, detox, breathing)
- ✓ Swedish Massage
- ✓ 4 Nights Accommodations, Oceanfront Room & Private Balcony
- ✓ All Meals (whole food, gluten-free, dairy-free)

4-Night Program: \$6,300 USD

Includes room tax. Mexican residents add 8% VAT.

*Laboratory & Other Tests:

- ✓ Blood Chemistry.
- ✓ Complete Blood Count.
- ✓ C-Reactive Protein.
- ✓ Thyroid Panel.
- ✓ Vitamin D Tests (25 hydroxy).
- ✓ Pap Smear / PSA test.
- ✓ Urine & Stool Analysis.
- ✓ Antiperoxidase antibodies.
- ✓ Blood type.
- ✓ Sedimentation Rate.
- ✓ Homocysteine.
- ✓ Fasting Insulin.
- ✓ Hemoglobin Alc.
- ✓ Female/Male Hormone panel (As needed)
- ✓ Organix Lab (If indicated by doctor)
- ✓ EKG
- ✓ Ox LDL

Medical Assessment

- ✓ You will be assigned a treating physician who will work closely with the medical team to assess your health condition and make recommendations for further follow-up and/or treatments. Priorities with your health care are established and a customized approach is given for your specific, main health concerns.

Nutrition Consultation

- ✓ Your nutrition evaluation includes a brief review of your diet history, nutritional supplementation and eating behaviors. A bioelectric impedance analysis is also performed to evaluate your body composition, hydration status and cell quality. Your nutritionist will work with the medical team and make a few key suggestions for dietary improvement.

Dental Assessment

- ✓ The biological dentist will do a comprehensive assessment of your dental health including your gums, teeth, restorations, and overall oral condition. A panorex x-ray of your entire mouth is included to help the dentist identify potential problems that may affect your current health condition. The dentist provides recommendations and may offer a treatment plan.

Psychology

- ✓ You are professionally guided to recognize patterns in your life that may be contributing to your health condition. Your Psychologist will provide emotional support and offer solutions for stress management and lifestyle coaching.

Structural Assessment

- ✓ The structure of your body, including spinal alignment, joints and body movement are assessed. Our structural specialists work closely with the medical team to help eliminate factors that may be contributing negatively to your health condition.

Fitness Evaluation

- ✓ Physical fitness is an essential component of good health. Our certified trainers will evaluate your current level of physical fitness and help you find ways to incorporate activity into your daily life.

Bioenergetic Assessment

- ✓ Our bioenergetic evaluation helps to provide the medical team with additional information about your health status using the latest technology in biofeedback equipment.

Optional packages available to add to your Integrative Physical Program

Integrative Physical + \$1,100

Cardio package

Laboratory

- ✓ Cardiovascular Inflammation Panel
 - ✓ F2- Isoprostanes
 - ✓ Microalbumin creatine ratio
 - ✓ Myeloperoxidase
 - ✓ Lp - PLA 2
 - ✓ Galectin - 3
 - ✓ Co Q10
- ✓ Urine Toxic Metals
- ✓ Renal Aortic Doppler Ultrasound
- ✓

Integrative Physical + \$3,800

Cancer package

Diagnostic

- ✓ Full Body CT Scan
- ✓ Colonoscopy
 - ✓ Polyp removal (If needed)
 - ✓ Pathology Test (If needed)

Laboratory

- ✓ Platelete culture test
- ✓ Polymorphism Genetic Test
- ✓ 4 Tumor markers (Doctor indicates)

Integrative Physical + \$5,500

Gastro package

Diagnostic

- ✓ Ph-metry
- ✓ Colonoscopy
 - Polyp removal (If needed)
 - Pathology Test (If needed)
- ✓ Endoscopy
 - Polyp removal (If needed)
 - Pathology Test (If needed)

Laboratory

- ✓ Comprehensive Stool Test
- ✓ Gluten Test
- ✓ Cross Food Reaction

* Breast Thermography is for females only. This test cannot be performed during your menstruation. Bathing, application of creams or lotions, sun exposure, or receipt of certain therapies are restricted at least 3 hours prior to test.

Call your Admissions coordinator for Information