



Holistic Health Guidance & Integration brings a unique, science-informed approach to root-cause wellness. Delivered where you live your life — in your home, in your space, in your comfort.

Through a triangulated, multi-modal approach, we identify the underlying source of health imbalances rather than simply address symptoms.

Explore holistic health. Integrate new practices. Transform yourself.

WHAT WE DO

- Biomarker Scanning
- Personalized Wellness Protocols
- Nutrition Coaching & Movement Integration
- Traditional Principles & Plant-Based Support
- Muscle Response Testing

HOW WE MEET

In Your Home (Primary)	In Office (By Request)	Virtual (Nationwide)
Sessions conducted in your home or preferred private space. You choose the environment. We bring everything else.	Office visits available for those who prefer a clinical setting. Ask at booking.	Remote consultations available for clients outside South Louisiana and the Mississippi Gulf Coast.

IN-HOME TRAVEL ZONES

Zone	Area	Travel Fee
Zone 1	Ocean Springs, Biloxi, D'Iberville, Gautier, Moss Point, Pascagoula	No charge
Zone 2	Gulfport, Long Beach, Pass Christian, Bay St. Louis, Waveland, Hattiesburg	\$25
Zone 3	Slidell, New Orleans, Picayune, Meridian, Mobile, AL (60+ mile radius)	\$50
Zone 4	Baton Rouge, Pensacola, Jackson, MS & Beyond (80+ mile radius)	\$75–\$100
Zone 5	Areas Outside of 120 mile radius	Inquiry Required

**Lifestyle Deep Dive Plus clients in Zones 1–2 receive complimentary travel included in their program.*

PRICING

Service	What's Included	Investment
Integration Session	75 min · BioScan · Personalized next steps · Clear action protocol	\$229
Deep Dive Session	135 min · Full assessment · All modalities · Extensive BioScan report · Personalized protocol · 6-week follow-up scan included	\$450
Follow-Up Session	60 min · Progress review · 15 min BioScan · Protocol updates	\$150
Muscle Response Testing	60 min · In-home: \$89 · In-office: \$60	\$60–\$89
Holistic Lifestyle (Annual Plan)	Two visits/month · Quarterly BioScans · Updated protocols · Direct access · Zone 1–2 travel included	From \$349/mo

**Custom packages & add-ons available. *Monthly billing option: add 5% for installment flexibility. *Discovery call is always free.*

HOW IT WORKS

<p>1. Discovery Call</p> <p>Free 20-min call to align goals and recommend the right session.</p>	<p>2. We Come to You</p> <p>At your home, in office by request, or virtually — your comfort is the priority.</p>	<p>3. Personalized Report</p> <p>You receive a detailed scan report and a clear, practical next-step protocol.</p>	<p>4. Ongoing Partnership</p> <p>Regular check-ins build a measurable health baseline and lasting results over time.</p>
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