

DR. LESLEY ALLEN, PT, PYT

Functional & Integrative Medicine



DNA Doc

DNA Doc: Providing Functional Medicine Services You Can Afford! For as little as a cup of daily Starbucks, start investing in your health today!

Your Path to Wellness, Tailored to Meet Your Personal Health Needs

Membership Pricing:

- **Month 1:** \$259
- **Thereafter:** \$159/month

✨ **No long-term contracts or hidden fees!**

Included in DNA Doc Membership:

- Comprehensive lab orders (outside of the traditional labs/bloodwork your PCP runs), interpretations, and treatment planning. (Lab costs separate)
- All phone or video consults (up to 1 hour each).
- Special discounts on lab tests not covered by insurance.
- Weekly group calls with Dr. Lesley Allen and her community of other health warriors!
- Personalized health coaching with DNA Doc's expert coaches.
- A generous 20% off all supplements from DNA Doc store.
- Weekly text/chat support from our team.

Embark on Your Wellness Journey:


🌐 **Join Our Platform:** You'll be onboarded to our Healthie membership platform for an all-encompassing health assessment.

📊 **Deep Dive Analysis:** Dr. Allen will review any uploaded bloodwork, including CBC, Metabolic panel, and any Functional Medicine labs from the past year you would like for her to factor into your health assessment.

🧠 **Initial Consultation:** An in-depth 60-80 min session where we'll:

- Review your medical history and perform a standardized health scoring tool to properly analyze baseline health.
- Order comprehensive testing, as needed.

- Provide an all-inclusive lifestyle care plan which includes weekly meal plan ideas, recipes, grocery lists and list of foods to eat and avoid, exercise tips, stress management strategies, sleep hygiene advice, mindset guidance, and supplement recommendations.

 **Lab Results Review:** A dedicated session (up to 1 hour) to discuss your lab findings and your tailor-made treatment strategy plan.

Ongoing Monthly Perks:

- Monthly progress tracking utilizing a standardized health assessment tool.
- Periodic health goal re-assessments & adjustments to your treatment plan.
- Weekly group Q&A sessions with Dr. Allen (every Tuesday at 12 PM).
- Phone or video consultations as required.
- Weekly chat/text support via our Healthie platform/mobile app.
- Exclusive access to our private FB group, boasting a rich library of guided meditations led by our Mindset Mentors.
- Effective troubleshooting & accountability coaching.
- Detailed analysis of follow-up tests.

 **Your health is a journey. Let's walk it together.**

Join DNA Doc and unlock the power of personalized, functional medicine.

About Dr. Allen... She has 20+ years in the healthcare industry and over 8+ years specializing in Integrative Lifestyle Medicine and Functional Medicine. She's a certified Professional Yoga Therapist, Nutrigenetic DNA Life Coach and more. For more information about our services or Dr. Allen's background/experience, please visit our website listed below.

If you would like to schedule a 15 minute phone consultation to see if you are a right fit, please send us an E-mail and we will get it scheduled!

Website: www.DNADoc.com
Email: info@DNADoc.com

