



EXCLUSIVE

The Executive Wellness Transformation

PROGRAM

WITH
NANCY LONSDORE, MD

Award-Winning Integrative Health Physician

Over 25,000 Patients and 38 Years of Experience in the Medical Field

Specializing in Brain Health, Women's Health & Executive Wellness



Confidence

A Doctor who really knows you



Personalized Attention

The way healthcare should be



Healthcare Advocate

Your whole health picture

Think about the last wellness checkup you had. How much one-on-one time did you have with the doctor?
Did you feel rushed? Did you talk about prevention?
Did you leave with a detailed action plan for your health and understand the next steps?

A Wellness Plan Customized for You

Even if you're in the best shape of your life, our Executive Wellness Transformation program can help you maintain good health and avoid some of the problems that come with aging through early detection. In short, the Executive Wellness Transformation Program is a comprehensive tool to help you map out a health plan specific to you. Whether you seek the best in preventive medicine, or specific treatments for rare conditions, all patients receive the following services:

- Extensive executive exams
- Evidence-based medical recommendations
- Coordination of care with specialists
- Implementation & support of diet and lifestyle interventions
- Executive Wellness education sessions to keep you on track
- Review and updates to your program

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Every patient of the Executive Wellness Transformation Program receives personalized medical care and service. The Executive Wellness Transformation health exam consists of a battery of screenings and tests to provide the very best in early detection and a personal roadmap to better health.

ONE-ON-ONE WITH DR. LONSDORF

IN-PERSON OR TELEHEALTH

COMPREHENSIVE EVALUATION

An Initial, 3-hour session

HIGHLY-PERSONALIZED RECOMMENDATIONS

EXECUTIVE HEALTH EDUCATION SESSIONS

Support to keep you on track. Following each visit to discuss your recommendations.

(est. 1 hour)

IMPLEMENTING YOUR CUSTOMIZED PROGRAM

2-3 weeks after your initial visit.

(est. 30-60 min.)

YOUR PROGRESS AND IMPLEMENTATION

Follow-up e-mail support for 2 weeks after each consultation.

FOLLOW-UP SESSION

Review of your progress and any new lab data as well as any updates to your customized recommendations program.

(30 min)



I cannot tell you how different I feel. Once I started, within 2 days I started to feel better. I have my energy back, I don't think I need to increase the Thyroid meds and my head is clear. I can say that this has changed my life. I felt so horrible before, I really thought you were my last chance. I should have called you first.

–J.L., Real Estate Investment

“Dr. Nancy” has ... a remarkable capacity to blend the cutting-edge of Western medicine with the eternal wisdom of Ayurvedic knowledge and practices. Long-standing and debilitating autoimmune challenges are residing. I am learning ... how to maximize my health with self-care understandings and practices that were not yet in my tool set.

–M.H. project manager, WI

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Our 3-Step Program

Comprehensive Initial Evaluation • Recommendations Program • Follow-up Session

Step 1

Comprehensive Initial Evaluation

- Dr. Lonsdorf will thoroughly review all medical records, lab test results, health history questionnaires, etc., you have filled out or sent in advance. (averages 20-30 min. depending on complexity of your condition and history.)
- You'll then meet with Dr. Lonsdorf (60-90 min.) to discuss your health issues and goals in the light of your past health history, current life situation and what you would like to achieve for your health with this program.
- You'll receive a full clinical evaluation (including history, physical exam¹) and a review of your lifestyle, diet, specific risk factors and identification of potential causes contributing to any imbalances or symptoms.
- We will define priorities of therapeutic focus and you will receive initial personalized diet and lifestyle recommendations as well as customized orders for any lab testing that is indicated—your “welloscopy.”
- Your laboratory testing may include standard blood tests at a conventional lab, as well as specialty testing you can do at home with kits our office will provide, such as nutritional, gut health, inflammatory/allergic markers, toxin levels, hormone levels, etc.²
- A key element in your evaluation will be an assessment of your state of balance and your constitutional nature according to Ayurveda. For this, Dr. Lonsdorf will review your submitted answers as well as may guide you in a self-pulse reading during your session.
- Based on this input, Dr. Lonsdorf will recommend specific natural, evidence-based and time-tested approaches from Ayurveda, customized to your particular needs.
- Depending on your current health condition and life situation, Ayurvedic approaches will occupy either a prominent or a more background, supportive role in your program for restoration of balance and health. Generally, Ayurveda addresses the fundamental, underlying causes of imbalance and symptoms. Applying Ayurvedic approaches intensively in your daily life usually delivers the most rapid and transformational results.
- After your visit, you will schedule a time to meet with one of our Executive Wellness educators, for a 60-minute session to go over your recommendations and answer any initial questions you have.
- Two-three weeks later, you'll have another Executive Wellness education session to support implementing your customized program and enhancing your progress.

I immediately felt better, with more energy, within a few days. My allergies are better—I have barely sneezed. I just got back from my PCP-- she took me off my BP pill totally (120/70!). My bowel movements are better and digestion seem calmer. I have lost 11 lbs in the last month. This has been life changing, and given me hope for health. Thank you, Dr.Lonsdorf!

–M.M., on disability for CFIDS

Dr. Nancy has really pulled me back from the flames. She knows a lot, and she knows how to find out what she doesn't yet know. She's thorough and patient. Forehead to floor ... thank you thank you

–J.B., businessman, IA

I've had psoriasis since age 17. It's 80% gone! Already, after less than one month on the herbs and diet.

–Anonymous, patient of Dr. Lonsdorf

Notes:

¹ If you consult via videoconference, it is advisable to have an on-site companion “on call” in the background (or in attendance if you prefer,) for your consultation, who can assist Dr. Lonsdorf with any simple physical or neurological examination. Such exam is limited to what can be done, with assistance, over video.

² Many of the tests ordered are eligible for reimbursement by your insurance or Medicare, however coverage is not guaranteed and is dependent on your specific policy, the frequency/time since you last had a particular test, as well as the diagnosis/reason for the test. We may be able to suggest discount lab testing alternatives, if needed. Specialty or conventional tests that are not covered by insurance or Medicare usually involve additional fees that the lab or our office will charge you for directly.

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Step 2

Recommendations Program

- Ideally, you will take the next 6-8 weeks, (up to a maximum of 4 months) to implement your customized, personalized recommendations program, and do any testing that was agreed upon at your Comprehensive Initial Evaluation Visit.
- You will schedule your Follow-up Doctor Session once all your test results are back, or after you have completed 6-8 weeks of following the recommendations as fully as possible, whichever comes first.

Step 3

Follow-Up Session

- Your second session with Dr. Lonsdorf includes a 30-minute discussion of your latest test results, if applicable, your progress with the program, and any questions you have.
- After your Follow-up session, you will schedule a time to meet with one of our Executive Health educators, for a 30-60-minute session to go over your recommendations, support your continued progress and answer any questions you have.
- Follow-up for e-mail for 2 weeks after your consultation is included, to support you in implementing your updated customized program.

Very thorough advice and service. Very reliable staff and service. A great comfort and peace of mind whilst trying to implement new lifestyle changes.

–S.M., teacher, mother, NY

“World class consultation.”

–P.S. Entrepreneur, CA

I recommend Dr. Nancy to anyone that is serious about their health. She gives simple but powerful tips that anyone can implement and gain the results that we all aspire for.

–B.B., professional Football Coach, FL

“I have lost about 10 pounds (156 down to 146) and I am feeling lighter. My blood pressure has gone down as well and I certainly feel a sense of calmness I have never experienced before.”

– S. T., art director, NYC

We look forward to supporting you on your path to radiant health and wellness!

Dr. Nancy Lonsdorf is a Johns Hopkins- and Stanford-trained medical doctor with over 30-years of experience using integrative modalities - including diet and lifestyle, nutrition and hormone balancing - to help highly motivated individuals reclaim their health and vitality, lose weight (or gain, if desired,) sleep better, think more sharply and recover from chronic health problems, naturally.

Named “one of the nation’s most prominent Ayurvedic doctors,” by the Chicago Tribune, Dr. Lonsdorf draws on a wide range of training and experience in co-creating each person’s transformation health program, including Ayurveda, a time-tested system of natural medicine, that offers a gentle, yet powerful foundation to restoring balance and supporting the healing process.

Dr. Lonsdorf has served as a consultant on complementary and integrative health to the NIH, has extensive media experience and is a sought-after speaker, writer and natural medicine authority.

She is the author and co-author of numerous books, including the best-selling *A Woman’s Best Medicine*, *The Ageless Woman*, and the Amazon Bestseller *The Healthy Brain Solution*, and *Your Mind-Brain Reboot, How to Dissolve the Limiting Impact of Life’s Most Challenging Experiences and Prosper in Your Life*.

You can find her books on Amazon.