

Optimize Your Health Program

Where do you reside on the health-disease continuum and what to do about it!

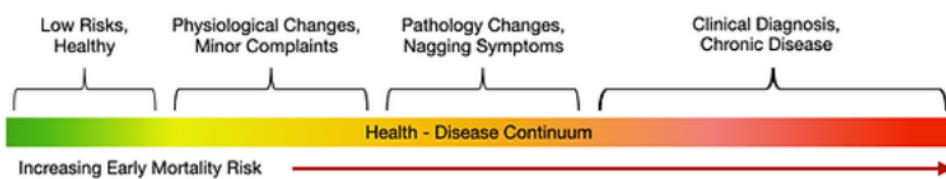


Health Revival Partners

The Health-Disease Continuum

Quick Facts:

- In reality no-one is either healthy or sick
- A diagnosis is a human-made point on the continuum
- Symptoms indicate you are close to the “diagnosis point”
- Optimal health is hard to achieve but easy to maintain



Your “Chronic Disease Temperature” (CDT)

Quick Facts:

- The CDT is a composite score based on 21 chronic biomarkers
- Biomarker “normal” levels are based on early mortality risk
- Usual reference ranges are based on populations, not health
- Your “CDT” places you on the health-disease continuum

Program Includes:

Blood Testing: Full 55+ biomarker panel obtained at the beginning and end of the program.

Additional tests for:

- H-pylori (gut pathogen)
- Chlamydial antibodies (vascular pathogens)

Spot-check for specific biomarkers on an as-needed basis

Nutritional strategies, gut repair, brain and vessel-specific nutrient recommendations

Supplement protocols to fill nutrient gaps

Additional a la carte testing to zoom in on health impediments

Consistent on-going guidance and consultations:

- Dr. Lewis: 2 hours of expert consultations
- Jodi Laird: 5 hours of precision health and protocol implementation sessions

Program Cost: \$795.00

Program Schedule:

- Day 1: Complete risk assessment
- Week 1: Obtain CDT labs at a Labcorp patient service center
- Week 2 or 3: Review labs - develop initial plan with HRP provider
- Week 3 - 8: Implement plan with your HRP health coach
- Week 8: Check in with practitioner and adjust course
- Week 8 - 13: Implement adjusted plan with your HRP health coach
- Week 14: Retake CDT lab panel
- Week 16: Wrap-up session with HRP provider and coach - determine next steps

Start the Process

1. Take the risk survey as soon as you sign up for the program <https://www.healthrevivalpartners.com/cda>

2. When you get your lab order (check your email), schedule your lab draw at <https://www.labcorp.com/labs-and-appointments>

Enter your zip code, pick your location, and choose “routine lab work”. The appointment only lasts 15 minutes, on average.

Some biomarkers required 5-7 business days to be reported by LabCorp

3. You will be notified when your labs are complete and our special reports are assembled. At that time, you will be given instructions on how to schedule your practitioner consult to review your health information.

4. If you have health data, feel free to load them into our EMR and they will be included in the consult.

Our Revival Approach

We objectively measure your health with labs - interpreted “under a magnifying glass.”

We recognize that labs do NOT just become non-optimal - risks are involved. That is why we administer a comprehensive risk-based digitized survey. You get the results and can quickly pinpoint areas of highest priority.

We measure your subjective risks and objective labs. Most importantly, we provide a detailed program to correct these issues at the “root-cause” level.

How we do it:

We developed this program to simplify your path to health. It all revolves around disease **mechanisms**, not an infinite number of diagnostic codes. They are:

- Poor repair and recovery due to nutritional and absorption deficiencies
- Specific sensitivities that cause inflammation
- Internal resource allocation - Thrive vs Survive - aka Fight or Flight
- Chronic and often stealth infections - oral pathogens, Lyme disease, Chlamydia pneumoniae...
- Inadequate autophagy - mainly caused by a lack of physical activity

Once you have ordered your program, you will be connected to your dedicated team of experts who will guide you step by step.

You will, take the survey, be provided with a lab order and detailed instructions for getting your blood drawn.

Once your results are received, the practitioner of your choice will meet with you to review and answer questions.

From there, Jodi will schedule your first session to guide you through the process of implementing the solutions designed for you based on the results and your desired outcomes.

Key Contacts:

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Websites: <https://www.healthrevivalpartners.com>

<https://www.healthrevivalpartners.com/cdt>

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