

Begin your brain healing journey by optimizing all your body systems that support the brain.

Brain Quick Facts:

- Your brain consumes 25% of your energy
- Your brain is > 60% fat
- 25% of the cholesterol in your body is in your brain

Program Includes:

Blood Testing: Full 70+ biomarker panel obtained at the beginning and end of the program.

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

Brain Function Testing: An on-line brain test performed at the beginning and end of the program. This test provides complementary objectivity to Neurologics testing.

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

Supplement protocols to fill nutrient gaps

Additional a la carte testing to zoom in on healing impediments

Consistent on-going guidance and consultations:

- Dr. Lewis: 2.5 hours of expert consultations
- Wendi Michelle: 10 hours of precision health and protocol implementation sessions

Program Schedule:



Key Contacts:

Emails: wendi@healthrevivalpartners.com (health advocate); jlaird@healthrevivalpartners.com (admin)

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

Phone: 202.630.3221

Why a Whole-Body Approach is Vital:

With a more comprehensive understanding of the:

- gut-brain axis and the
 - enteric nervous system,
- ongoing studies continue to draw a significant line between lifestyle, diet and brain health.

Based on many scientific papers and research, we have shown reviving the health of the brain and preventing cognitive decline requires a holistic, strategic and hands-on approach facilitated overtime for a measurable, sustainable and valuable outcome.

What to Expect:

We developed this program to simplify your path to health.

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 be provided a lab order and detailed instructions for getting your blood drawn.

Once your results are received, Dr. Lewis will meet with you to review and answer questions.

From there, Wendi will schedule your first session to guide you through the process of implementing the solutions designed for you based on your desired outcome.

Our Commitment to You

We are a team of dedicated providers who believe health care should be grounded in scientific discovery, supported by consistent interaction and guidance, and offer outcome-driven results. We are diligent to stay on top of emerging science and apply cutting-edge technology while nurturing the body's natural abilities to regenerate, heal and advance. We exist as evidence of a health care model that knows and cares for each patient personally, inside and out. Thank you for trusting us with your most valuable asset, your health!



Thomas Lewis, Ph.D.



Wendi Michele,
Nutritionist & Advocate



Michael Carter, M.D.