

PLATINUM PROGRAM OVERVIEW

Personalized, one-on-one health experience.

Six-month program dedicated to your specific health goals.

Dedicated consultation with Dr. Tomas and the True Health Platinum Team.

Planned program cycles with guidance, check-ins, and coaching.

PERSONALIZED PROGRAM

Every person has a different reason for doing the Platinum Program. Whether it is to focus on a chronic illness, achieve a higher level of health, or chelation and detoxification – there is a direct benefit. We are very selective about who we accept into the Platinum Program. *We ask for total commitment, dedication, participation, open to coaching and session attendance.* Achieving results does not happen by showing up, the work has to be done both inside the center and outside. We dedicate considerable resources for guidance, provide the tools and a compassionate healing environment.

SIX MONTH PLAN | SIX 30 DAY CYCLES

The program starts with an extensive health history and labs. Once that is complete, there are SIX CYCLES comprised of 30 days. Each week has a specific focus with correlating coaching sessions, treatments and supplements.

Program Start	1-3 weeks	Health History & Labs
Cycle 1	30 days	Evaluation and Prepare Cellular Pathways
Cycle 2	30 days	Gastro Intestinal and Cellular Energy
Cycle 3	30 days	Body Systems and Cellular Energy
Cycle 4	30 days	Body Systems and Cellular Oxygenation
Cycle 5	30 days	Brain & Nerve Tissue and Body Detoxification I
Cycle 6	30 days	Brain & Nerve Tissue and Body Detoxification II

DEDICATED CONSULTATION

A program lead is assigned as a guide and main point of contact. The program consists of the following sessions:

- 3 Medical Consultations with Dr. Tomas
- 6 Wellness Sessions with Health Coach
- 6 Health Evaluations with Nurse
- 1 Health History Session
- 1 Timeline, Body Inventory, and Stressors Session
- 2 Nutrition Planning Sessions
- 2 Toxicity Screenings

PLANNED PROGRAM

The program consists of an in-depth Health History, 2-3 labs, 6 Program Cycles with a specific body system focus, 21 sessions with True Health Team, customized supplement plan, and specific treatments 2x per week for 6 months.

Treatments will be chosen from the following and will be based on health goal, health status, and labs. Selection, duration and frequency will vary from patient to patient. We may make adjustments to program as we progress.

Ion Foot Bath Hyperbaric Chamber Pulse PEMF SOQI Infrared/Chi Ozone Therapy IV Therapy

PAYMENT

The cost of the program is \$10,000. It covers all sessions, treatments, labs, and supplements. There are no refunds once program has started. If making payments, the program will not be scheduled until payments received.

There are 3 payment options:

Option 1: \$9850 Payment in full

Option 2: \$10,000 ½ to start, ½ at Cycle 3

Option 3: \$10,250 ½ to start, ¼ to start Cycle 3, ¼ to start Cycle 5