

You've Tried So Much. You Still Don't Have *A Plan.*

Maybe what's missing isn't more information. It's someone to help you make sense of what you already have.

- You've tried the supplements, and changed the diet more than once
- You've done your own research — maybe even your own testing
- Your labs keep coming back "normal," but you still don't feel like yourself
- You've collected advice from a lot of different places, and none of it quite fits together
- You've improved one thing, only to have something else show up

If any of that sounds familiar, you don't necessarily need more information. You may need **interpretation, prioritization, strategy, follow-through, adjustment** — and time to actually see how your body responds.

AREAS I COMMONLY HELP WITH

Fatigue

Gut Health

Hormones

Inflammation

Fertility Support

Children's Health



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I built my approach the same way I was trained to solve hard problems — by looking at the whole system, not just the piece that's making noise. It's also personal: I used this same process to work through my own thyroid condition.

How I think about a health case:

INPUT & DIGESTION



DRAINAGE & DETOX

REGULATION &
COMMUNICATION

REPAIR & REBUILDING

Your body isn't broken — it's adapting. Healing happens when it's supported in the right order, not forced.

"Three months gives us something a single appointment can't: time to actually learn your body."

What Working Together Actually Looks Like

It starts before we ever get on Zoom — you share your health history and any existing testing so I can begin reviewing your case first.

1

Assess

We go through your full history together — symptoms, prior labs, prior testing, what's already been tried.

2

Prioritize

Not everything gets addressed at once. We decide what actually matters first.

3

Build

A personalized nutrition, lifestyle, and supplement strategy — built around you, not a template.

4

Observe

We watch how your body actually responds, instead of assuming the first plan is the final plan.

5

Adjust

The strategy evolves based on what we're actually seeing — not what we guessed on day one.

6

Progress

Clarity, function, and a plan that keeps moving forward with you.

Here's what that actually includes over three months:

Root Cause Assessment

We start by understanding your history — not just your latest symptom.

Review Of Existing Testing

If you've already done labs or imaging, we use them. Your history matters.

Testing, When It's Useful

Stool, urine, metabolic, hormone & toxin testing, plus blood work at client cost — added only when it changes the plan.

Personalized Strategy

Nutrition, lifestyle, and supplement guidance built around your case.

Regular Follow-Ups

We meet again to see what changed, what worked, and what's next.

Ongoing Refinement

Your plan evolves as your body responds — it isn't fixed on day one.

"Three periods since your recommendations. Zero symptoms. All my endo symptoms are gone — and I didn't have to go back on birth control."

CLIENT, ON ENDOMETRIOSIS SYMPTOMS

"You're a unique human — one who has compassion and true concern for people, which seems to be rare in this world."

CLIENT

Why three months? One appointment is a snapshot. Three months lets us watch the story unfold — we learn, implement, observe, adjust, and learn again. That iterative process is the actual value, not one more list of supplements.

"For three months, someone actually knows your story."

What Level Of Support Do You Need?

If you've been trying to figure this out alone for a while, maybe the next step isn't another thing to try. Feeling stuck doesn't mean you've run out of options — sometimes it means you haven't found the right order, context, or support yet.

Imagine finally understanding your health well enough to stop starting over. You don't have to arrive with all the answers to begin — bring existing testing if you have it, or nothing at all.

THE HERO — ONGOING SUPPORT

The Tox Free Doc 3-Month Program

7 Sessions · \$4,200

An initial comprehensive session, then biweekly Zoom follow-ups across three months.

For three months, we work together to understand your health as it unfolds — not just as it looked during one appointment. We identify priorities, build your strategy, observe how your body responds, and adjust as we learn more.

Best for: you've tried multiple approaches but still lack a clear strategy, and you want ongoing guidance rather than one isolated conversation. **Not for:** if you just need one quick answer — that's what the Quick Consult is for.

APPLY TO WORK WITH ME

l.bttr.to/oeZC5

"You don't have to keep piecing this together alone."

Not ready for the full program?

Comprehensive Consult

1 Hour · \$425 · Zoom

The place to start for clarity, direction, and a personalized plan. We review your history, symptoms, and prior testing to identify what matters most.

Best for: expert insight, a second opinion, or a clear starting point before deciding on longer-term support.

BOOK COMPREHENSIVE CONSULT

Quick Consult

30 Minutes · \$200 · Zoom

A focused session for a specific question, protocol, decision, or next step.

Best for: guidance on your current plan, quick insight, and simple adjustments.

BOOK QUICK CONSULT

Dr. Ian Hosein is a Certified Holistic Health Practitioner and holds a PhD, but is not a licensed medical doctor. This program is educational and supportive in nature and does not diagnose, treat, cure, or replace appropriate medical care. It is designed to complement medical evaluation, not substitute for it. Individual results vary.