

# Dr. Cyn Kotarski

*Foundation of Health: YOUR Personalized Blueprint!*

*~ An advanced clinical assessment and treatment plan tailored to your physical and genetic needs to make healthy living easy ~*

Dr. Kotarski's method will allow you to finally take the guesswork out of what you need so you don't waste money on diets or supplements ever again.

The program includes:

- Three clinical appointments with Dr. Kotarski
  - Initial comprehensive medical history review, physical exam, and health assessment
  - Two follow up appointments to review and track your health journey progress, either in person or by video consult
- Advanced Laboratory Testing
  - Overall nutritional status to determine personalized supplementation needs for:
    - Antioxidants
    - B-vitamins
    - Minerals
    - Essential fatty acids 3/6/9
    - Amino acids
    - Other select nutrients
    - Digestive support
  - Oxidative Stress Analysis
  - Trace and Toxic Metal Markers
  - Genetic nutritional testing including
    - MTHFR
    - COMT
    - TNFa
    - APOe
- Tailored treatment plan of your specific genetic and nutritional needs
- Enrollment into an online health guidance platform
  - Private messaging with our certified Health Transformation Coaches
  - Tracking and journal,
  - Access to NatuKur team care and other tools for success



info@naturkurwellness.com 206-762-4823