

Dr. Cyn Kotarski

Reveal Health Detoxification Program

~Uncover the environmental toxins undermining your ability to achieve your health care goals and live the vibrant life you deserve~

Dr. Kotarski's method to clean out the toxic burden to reveal boundless energy, easier weight loss, less chronic pain, and more.

This program includes:

- Three clinical appointments with Dr. Kotarski
 - Initial comprehensive intake including medical history review and physical exam
 - Two follow up appointments with Dr. Kotarski to review and track your health journey progress, either in person or by video consult

- Laboratory testing
 - Specialized laboratory testing to evaluate toxin load
 - Comprehensive blood panel to assess the health of your thyroid, liver, kidneys, blood sugar, and cholesterol
 - Specialized laboratory testing to evaluate toxin load, including:
 - PCBs
 - Phalates
 - Parabens
 - BPA
 - DDT
 - And many more

- Treatment
 - An individualized health plan including:
 - Dietary and lifestyle plan to reduce your toxins and promote health
 - Nutritional supplements tailored to your specific needs

- Tools and Support
 - Handouts
 - Enrollment into online platform with
 - Tracking and online journal
 - Private messaging with Naturkur certified Health Transformation Coaches
 - Access to NaturKur team care
 - and much more



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