

# What is the Process of Becoming my Patient?

Please send me an email to [drleslie@protonmail.com](mailto:drleslie@protonmail.com) telling me about your interest in becoming my patient/client, what your goals are, and what are the major concerns you have. I will respond with an encrypted email to ensure confidentiality. At this initial inquiry, I will assess if I think we should proceed to an initial 75 minute consult/history. This is based solely upon if I believe I can be of help to you. I will email you directly to schedule an appointment. I believe in good ol' fashioned personal contact.

Before setting up an appointment, I encourage you to read or peruse my book **Nutritional Essentials for Mental Health** so you have an idea of what my approach is to nutritional therapy. I also have other books which may be of interest and value to you on my website [www.drlesliekorn.com](http://www.drlesliekorn.com).

The initial consult and assessment is 75 minutes and is \$325.00. This includes our first appointment and my time spent in advance reviewing your paperwork and any records that you send. We will do this over Skype or phone, your preference.

Often based on our email exchanges we already know and have decided that we will be doing a hair analysis and a program design in which case you will be billed in advance for the test and program design totaling \$1100.00. Paying in advance provides a discount off the total of \$80.00.

My office will send you a payment request via PayPal, which may be paid via PayPal or credit card. Upon receipt of payment my office will send you paperwork to complete and return via my encrypted email at least 48 hours prior to our appointment. It is extensive paperwork, but if it feels burdensome do the best you can with it. Filling out this paperwork allows me to analyze your health in advance and to spend more time with you in follow-up questions and discussion about topics and analysis for your benefit.

Prior to our first phone or Skype appointment, you will return to me paperwork, plus scan and send any relevant health tests you have had in the previous 6 months.

**At the end of the initial 75 minute appointment, I will have specific recommendations for next steps. This might include:**

- lab tests
- initial dietary and nutrient/and herbal recommendations
- a recommendation to develop a comprehensive customized nutritional therapy plan that includes food, nutritional and herbal supplementation and detoxification strategies.

You may decide to go forward with a comprehensive analysis report and guideline to follow, or decide that you have received sufficient information to proceed on your own.

If you elect to do some or all of the suggested tests and analysis, following the return of all lab reports (usually within 2-3 weeks) I will complete my analysis and design and write up a plan and then we will schedule a time to talk on the phone or Skype and review the plan. This generally requires about 75 minutes.

### Reducing or Eliminating Medication

If your goal is to reduce or eliminate medication, I will require written permission to connect briefly either with your prescriber or therapist, OR

I will refer you to a supportive psychiatrist with whom I collaborate and we will work together.

I will provide you with links to access any nutritional/herbal products you need, as I use only pharmaceutical grade resources. I am happy to review what you are already taking and as certain if it is appropriate for you.

Once you begin your program, I am available via secure email for quick simple questions at no charge as you proceed and progress. However, I encourage more formal “coaching for change” with a check-in every two weeks in the beginning or as you feel you require.

I look forward to supporting your journey to optimal wellness.

### Fees

Initial phone assessment/consultation/history (75 minutes)	\$ 325.00
Follow Up Visit (1 hr.)	\$ 175.00
Nutritional Program Development and report	\$ 725.00
Report Review and Phone Consultation (75 minutes)	no charge
Health Coaching (30 minutes)	\$ 75.00

### Lab Tests

Tissue Mineral Analysis	\$ 130.00
Adrenal stress/ 24 hr. test	\$ 150.00
Comprehensive GI Panel	\$ 350.00 (includes food allergy test)
Food Allergy Test: (gluten/gliadins, eggs, soy)	\$ 150.00
Vitamin D test	\$ 60.00
Specialized Blood tests	(cost by test)
Hormone tests (Men/Women)	(cost by test/stage of life)