



*PERSONALIZED, NATURAL, HOLISTIC HEALTH...  
100% ONLINE*



NATURAL HEALTH SOLUTIONS

NO INSURANCE • NO DRUGS • NO SURGERY  
NO SPECIALISTS • NO WAITING ROOMS



For well over a decade, the Lifestyle Clinic has been a leader in providing natural health and wellness services, products and education.

We created The Lifestyle Clinic membership program because we truly believe that health is a lifestyle. We go beyond regular 'healthcare' to find and address the root cause of health problems instead of putting a band-aid on symptoms with drugs. We strategically use things like, nutrition, stress management, herbs, vitamins and exercise to improve health naturally.

Let's face it, being healthy in a not-so-healthy world is difficult and most adults need help navigating through it all. When it comes to getting healthy, too many people start and stop and start over. One size definitely does not fit all. Everyone is unique. Our team of amazing coaches help people stay on track! We help our members figure out what the right things are for their own bodies and the right order in which to do things.

After more than a decade of serving our members, we can say without a doubt that making healthy lifestyle changes not only fixes numerous health problems, it prevents new issues from popping up in the future. Our location-free, insurance-free, drug-free practice model has helped hundreds of people all over the country get their bodies back in balance naturally. ***Now, it's your turn!***

**WE GO BEYOND REGULAR 'HEALTHCARE' TO PROVIDE  
100% NATURAL SOLUTIONS**





### **What makes the The Lifestyle Clinic different from other health and wellness programs?**

This clinic was founded by licensed, board certified Naturopathic Physician, Dr. Kivette Parkes. Our programs are holistic and combine whole food nutrition, exercise, medical laboratory tests and personalized coaching to help you achieve the best results for you and your body. There is also on going education and resources available to program participants in an ongoing membership model. No other program does this.

### **How does it work?**

Our membership-based practice is based 100% online. All one on one services and group sessions are done via phone or video call. When you sign up for one of our pay as you go or annual memberships, you get a full health history and lab review for your first session. Based on the analysis of your information, our Naturopathic Doctor will customize nutrition, supplementation and exercise recommendations specifically for you. You follow up as recommended either in a group setting or one on one to ensure that you are staying on track and getting the desired results.

### **How do I get started?**

To get started today, simply purchase your registration package and schedule an appointment online.

### **What are my recommendations based on?**

No two people are exactly alike in what they need to achieve better health. In order to offer targeted support tailored to your specific needs, we recommend a set of lab tests. These tests check for various health markers such as cholesterol, blood sugar, vitamin D, thyroid hormone, inflammation and liver enzymes. One of our Naturopathic doctors carefully reviews each set of results and customizes nutrition, supplementation and exercise recommendations specifically for you. We use Quest Diagnostics as our testing center and locations are available in every state.



### **Is the program safe?**

Our wellness programs are 100% natural and holistic. This means we focus on all of the things that work together to make you truly healthy. Because the program is run by Naturopathic doctors, the focus is on restoring your health without the use of drugs or surgery. Our 100% natural approach includes a focus on eating whole, natural foods as well as supplementing with professional food grade based vitamins and herbs where necessary. It is important to disclose any important information such as family and personal history, past surgeries, current medication and supplement use and any allergies. By keeping us up to date on the above information, your Naturopathic doctor will be able to adjust your protocol accordingly.

### **What kind of diet will I be following?**

Our programs are based on eating simple, natural whole foods in or close to their natural state. There is no counting calories or reading complicated nutrition labels. Our menu plans are fully customizable to your diet preference, home life, cooking abilities and schedule. You will be given a grocery list and encouraged to create your own meal options or follow along with the easy mix and match meal plan.

### **Do I have to count calories or weigh my food?**

Absolutely not!

### **Am I going to be hungry?**

With our programs you should never go hungry. The key to success is planning and never leaving your house without being prepared. You will never have to count calories, you can eat endless amounts of anything on your grocery list because they are simple, natural whole foods that are healthy.

### **Can I continue to drink alcohol and coffee?**

We generally recommend that you minimize alcohol and coffee.

### **Can I still go out to eat and socialize?**

Yes! We hope that by becoming a member of the Lifestyle Clinic, you will learn more about healthy foods and gain the knowledge to make healthy choices on your own, even when eating out and socializing.





### **Do I need to exercise?**

Yes we do recommend exercise as a part of a healthy and balanced lifestyle. When it comes to exercise, one size does not fit all! Your doctor or coach will guide you based on your abilities, resources, time availability and desired goals. Your customized plan will evolve as your body changes. Your plan may include a walking routine, yoga or weight training at home, on the go if you are traveling, or at a gym if you have access to one.

### **“I’ve never exercised before, will this program work for me?”**

Yes, whether you are a seasoned athlete or a retired school teacher who has never seen the inside of a gym, our exercise plans can be customized to suit your needs.

### **Will I be taking vitamins and herbs?**

You will focus on eating a simple, natural whole food diet in conjunction with exercise and natural whole food supplements to help you become a healthier, happier you. Our current food supply doesn’t contain all the nutrients that are necessary for good health in the correct amounts. As a result, many illnesses develop due to nutrient deficiencies. By providing those nutrients in a concentrated food-based form, the body can begin to return to normal function and health. Synthetic over the counter supplements do not usually have this effect. Our supplement recommendations are personalized based on individual need.

### **If I have allergies or dietary restrictions can I still participate?**

Yes, you can still participate if you have allergies or dietary restrictions. Please inform us of your restrictions so that our Naturopathic doctors can customize a plan for you.

### **Do I have to be sick to join?**

No. We actually encourage people to join to prevent chronic disease. We work with people with different health conditions but our long term goal is always prevention.

### **How often do I have to get labs done?**

This depends on what your current lab numbers are. Typically labs are checked every 6 - 15 months with some exceptions.



## What is a Naturopathic Lifestyle Coach?

All of our Naturopathic Lifestyle Coaches are specially trained by Dr. Parkes. Your personal coach combines the principles of Naturopathic medicine and Lifestyle medicine to promote an easy transition into a healthier life. Your coach will work closely with our Naturopathic doctors to assure that your plan is personalized to your needs. They are there to provide accountability and guidance.

## How is Naturopathic Medicine different from regular medicine?

The main difference between Naturopathic medicine and the current standard system of medicine is the philosophy. While a conventional medicine MD (Medical Doctor) works against the body to treat disease with primarily drugs and surgery, Naturopathic medicine goes beyond that, to support the body and treat people instead of treating symptoms or diseases. A typical Naturopathic prescription will generally include lifestyle changes and education to help each patient improve their long-term overall health, not just their current symptoms.

*Naturopathic medicine is based on six philosophical principles:*

- **First Do No Harm**– This emphasizes the preservation of life and health and discourages the use of toxic drugs with dangerous side effects.
- **The Healing Power of Nature**– We are provided with everything needed for restoring health in our bodies in nature.
- **Discover and Treat the Cause**– Treating symptoms will never restore true health. Health is only achieved by finding and addressing the root cause of disease.
- **Treat the Whole Person**– It is impossible to treat one area of the body without affecting another. Everything in a single individual is connected.
- **Doctor as Teacher**– The main goal of a Naturopathic doctor is to teach patients how to get well, stay healthy and prevent disease.
- **Prevention is the Best Cure**– Not getting a disease is always better than treating it, hence disease prevention is paramount in every case.





**“Can I participate if I have a medical condition like diabetes, high blood pressure, etc?”**

Our programs are completely safe if you have a pre-existing medical condition. The goal is actually to help reverse chronic, lifestyle-related disease patterns and get you healthier without drugs or surgery.

**“I am taking multiple medications, can I still safely join The Lifestyle Clinic?”**

Yes, our natural wellness programs are very safe. When you fill out your registration form, please list all medications. There are some supplements that may have adverse reactions with some medications, so please be sure to list all of your medications, including over the counter drugs and vitamins.

**Will the program help me to decrease the amount of medications I am taking?**

Only the physician who prescribed your medications can take you off of them but our wellness programs can help you get to a healthy enough point to do so. After a few months of membership, you may be able to visit your prescriber with positive results and in most cases, they will work with you to cut down medications you are taking.

**I’m a busy mom/dad/student/etc, “Will it be difficult for me to follow?”**

Our program will individually cater to you and your busy lifestyle. It is difficult to live a healthy lifestyle without direction, our doctors and coaches will help you stay on track and get healthy even with a busy life.

**What are the perks of joining?**

Once you become a member of the Lifestyle Clinic, you will have access to our members-only site including recipes, natural whole food supplements, exercise videos, coaching sessions, community and much more.

**How much does it cost?**

Our program costs vary based on the type of program and individual need. Our typical initial charges that include blood testing range from \$997 to \$12,500. We provide access to a payment financing option for those wishing to spread out the cost over time.

**Does insurance cover these wellness programs?**

The programs at The Lifestyle Clinic are not covered by regular insurance plans however, we do accept HSA and FSA payments.

**How long will it take for me to get better?**

Our philosophy is that health is a lifestyle and as such, it should be pursued for a lifetime in order to prevent disease. Everyone is different and every health situation is unique. However, most of our new members report feeling better and having improvement in their symptoms within the first few weeks. Improvement can also be seen on lab work within the first 90 days depending on the condition.





## Testimonials

“I went from taking three allergy medications, and a daily migraine medication to not taking anything except for multivitamins. Back when I started seeing Dr. Parkes I was incredibly tired, very lethargic, didn’t want to work out.. would rather go home and take a nap after a long day at work, now I am very energetic.” -*Jessica R.*

“I’m 67 years old and it took me this long to really get my health started in the right direction. After the first week of following Dr. Parkes direction, I noticed I began to feel like I had a little bit more energy and I began to feel really good. The scale was telling me that I was doing good, so that gave me incentive to work a little bit harder. I’m getting into clothes that I haven’t worn in 6-7 years, and I’m going up the steps without being out of breath. Everything is just so much better.” -*Mary S.*

“She’s assisted me with determining which foods I’m actually allergic to which were causing my problems with asthma. When I first saw her, I had a handicap permit and wasn’t able to walk very far due to the asthma. I now run approximately one hour a day, I do hot yoga and have started integrating water aerobics.” -*Michelle B.*

“I was on a constant cycle of antibiotics and steroids that were making me sick. I just didn’t know what to do. Dr. Parkes put me on an allergen free diet and a vitamin regimen. I’ve been off all my asthma medication for a year and have felt so much better. Now I’m running outside, I’m gardening and exercising. I’m feeling so much better.” -*Jessica R.*

“Now that I have eliminated things that were not good for me from my diet, I just feel a lot better. And I’ve also learned how to adjust the way that I prepare my foods. I am much more energetic now. Weight wasn’t a concern for me, but I’ve actually lost 20 lbs. My blood pressure has been under control and now after 30 years I am no longer on blood pressure medication.” -*Rosalyn C.*





“As I got older I was putting on more weight than I liked. At the time I wasn’t active enough because I was dealing with a hip problem. I lost about 20 lbs and have maintained my weight loss, increased my energy, my friends were commenting about how good my skin looks.” -*Anne*

“The improvements that I have gained, I have retained 100%. I definitely recommend this type of treatment for anyone else who feels that they have reached that dead end and don’t know what else to do. It is a way of life now. Dr. Parkes has taught me how to take control of my own health.” -*Allen*

“She has helped me to control my cholesterol, I no longer have to take cholesterol medicine. She has rid my diabetic medicine dependency. And now we’re working on the high blood pressure. I have lost over 34 lbs since I’ve seen her, and I continue to be inspired working with her. For anyone who is tired of taking medicine and being told that they are overweight and given the generalizations as the things they can do to help themselves, and have found a problem doing so. I advise anyone to sought out Dr. Parkes.” -*Eunice H.*

“I was a sugar addict. I was pre-diabetic. I was on high blood pressure medicine. Dr. Parkes created a program just for me. And for anyone who is looking to take a closer look at the program, I would encourage you to do so. She can and will develop a plan that will work for you specifically.” -*Beulah M.*

“Once I started the program, I knew it was going to take time for things to get better. And as I have done what I knew I was supposed to do. I’ve seen the inflammation decrease, I feel better, I have more energy, I’m able to resume my life without the pain I had been in in previous on a regular basis. This was the best decision I’ve ever made.” -*Christine H.*

If you have any questions or would like to schedule a free consultation, visit [www.lifestyle-clinic.com](http://www.lifestyle-clinic.com)