



The Pain and Brain Healing Center

Dr. Greg Fors, DC, Board-certified Neurologist (IBCN)
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Dear Prospective Patient,

Thank you for contacting Pain and Brain Virtual Healing Center. We are dedicated to providing you with the very best in innovative Functional Medicine care. As such, we are selective in the patients we accept for our care programs. To fully understand the type of care we offer please go to painandbrainhealingcenter.com to find videos on the home page and articles about your health concerns.

The Pain and Brain Virtual Healing Center provides a natural Functional Medicine approach which gets to the underlying causes of your health issues. This is accomplished through a thorough review of your health history, and extensive investigatory lab testing such as: multiple blood tests of metabolism, and nutritional deficiencies; salivary hormone testing; Comprehensive Digestive Stool Analysis with microbiome mapping; and testing for, leaky gut, food allergies and SIBO breath test – to name just a few. Based on this data, health history and laboratory results, a Functional Medicine approach then addresses the underlying causes through diet, nutritional support and lifestyle modifications to provide real healing, not just symptom cover-up. Some refer to this as Personalized Lifestyle Medicine (PLM).

Read the following policies to understand your virtual care:

1. The Pain and Brain Virtual Healing Center does not bill or accept any insurance; care is payable by check, cash, credit card, or HSA.
2. You are provided: two online videos to explain care – on our home page - the first one is 15 minutes with Dr. Fors explaining his approach, and the second is 3 minutes with Carolyn explaining care and costs.
3. If you are interested in care, after watching the videos, your next step is to fill out completely our Functional Medicine Patient Intake form (5 pages long) and submit it to our virtual clinic for Dr. Fors' assessment. It is on the website under New Patients.
4. Based on your intake form your Beginning Care Program will be designed for you with specific length of care, e.g., two to six months. During this time, you will have a specific number of virtual visits online with Dr. Fors. You will also have email support during your care program.
5. Your Care Program is to be paid for when you begin care, i.e., on or before the day of your first consultation. The funds are put into an escrow account that is drawn on as you receive care. If you quit care early, the unused funds will be reimbursed to you minus all expenses.
6. The cost depends upon the complexity and chronicity of your health issues; but as a rule, Beginning Care Programs can average about \$1985 to \$3600 for 2-to-4-months of care.
7. Labs utilized are dependent upon your health issues and vary from patient to patient. Lab costs are separate from your Care Program. Dr. Fors does labs at his wholesale cost, providing you with substantial savings. (e.g. Vit D3 billed to insurance \$350; Dr. Fors cost is \$35.) Total lab costs generally vary from \$650 to \$985.
8. All of this, labs and lab costs, and the investment needed for your Care Program will be specified and delineated in your written Care Program emailed to you. See Sample Care Program that follows for a better understanding; cost listed are approximate.

Submit online or email this clinic policy form along with your Functional Medicine intake form – filled out completely. I have read and understand the above clinic policies.

Signature

Date



Pain & Brain Healing Center, LLC
 Dr. Greg Fors, DC, DIBCN
 Board-certified Chiropractic Neurologist
 1400 131st Ave NE Blaine, MN 55449
 Phone: 763.862.7100 Fax: 763.862.7077

Problems Addressed in Program

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Your Virtual Clinic Functional Medicine Care Program for Real Healing and Wellness

I, _____, am enrolling in the Pain and Brain Healing Center's Virtual Metabolic and Nutritional Recovery Care Program. Functional Medicine is about finding the underlying causes of your health problems and changing that physiology to an optimal state of function. At our virtual clinic we teach you, as much as we treat you, to bring you from pain and sickness to wellness. Your journey for real health passes through different phases.

To heal we will need to utilize various approaches:

Dietary, nutritional, metabolic, digestive, and detoxification support, hormonal balance, stress correction; all based on thorough history, and multiple laboratory testing will be utilized. This all begins during the first two to three months of care. Home-based physical care will also be utilized, such as self-trigger point therapy with the Fenix Rehab System, Interferential therapy, stress reduction via Hearth Math, and Home Vagal nerve stimulation. All will be explained at the appropriate time.

Our Virtual Healing Center does not replace your regular medical care, but acts as an adjunct to your existing healthcare team.

1) Your first visit in this program involves a comprehensive health review and symptom evaluation, followed by scheduling of needed lab work. **Circled tests** are those that are necessary to begin your care. Other lab tests with a **Question Mark** can be added now or may need to be done later. Lab work at the Pain and Brain virtual clinic is provided to you at the clinic's wholesale cost. For example, labs generally charge about \$350 for a Vitamin D₃ test. As of now, with his professional discount, Dr. Fors is charged only \$35-1/10th of the full charge. Furthermore, many insurance companies no longer pay for Vitamin D₃. Dr. Fors uses his discount so he can get the information he needs to help you heal. All labs must be paid for prior to being run. Lab pricing listed may not be exact.

2) The Following Functional Lab Tests Makes Your Care Here Unique:

- a) ___ Comprehensive Metabolic Blood Lab Work (over 70 blood tests)
- b) ___ Comprehensive Thyroid Panel with Antibodies (5 to 7 thyroid blood tests)
- c) ___ Insulin Resistance, Metabolic Syndrome, Pre-Diabetes, Cardiovascular Risk Assessment
- d) ___ Systemic Inflammation, Autoimmunity, Methylation Issues
- e) ___ Male Hormone Panel or ___ Comprehensive Female Hormone Panel
- f) ___ Essential Fatty Acid profile (e.g. Adequate Fish oil in cells), and Vit E, Vit A, & Vit D₃
- g) ___ Nutritive Mineral Cell Analysis (e.g. zinc, copper, magnesium, Iron, Ferritin)
- h) ___ Lyme Western Blot and Co-infection Testing (Chronic Infections)
- i) ___ Mycoplasma/ Chlamydia/ Viruses/ EBV/CMV/Candida antibody test

___ **Prepay At Doctors Cost:** (average \$325 to \$425) . ~~Retail Value@ \$3,000 to \$5,000~~

j) ___ HPA Axis Neurotransmitter/ Cortisol Adrenal and/or Sex Hormone testing - Male/Female

___ **Labrix lab** Cash with doctor Discount: Average \$105 to \$210

k) ___ Digestive Stool Analysis (> 30 tests for IBD, Leaky Gut & Microbiome Map and more)

___ **Doctor's lab** Cash Discount: \$279.00.

l) ___ Genova Breath Test for (IBS-SIBO) Small Intestine Bacteria Overgrowth cash at \$215.00

m) ___ Alletess **Food Sensitivity IgG** Antibody test (cash no Ins.) for ___ 98 foods at \$149.00

OR ___ 184 Foods IgG cash at \$184.00/ ___ **ADD IgE** Antibody test for 12 food allergies for \$94.00

n) ___ Cyrex Array Testing #2, (Blood Test for GI damage & Leaky Gut,) for \$195.00

o) ___ Metabolic UOAP Mitochondria & Toxicity Profile (> 50 different tests) WITH Oxidative Stress Analysis (free radical tissue damage) = **Genova Organix Test** \$299.00

p) ___ Plasma Amino Acid Analysis (essential and nonessential amino acid levels)

q) ___ Brain Inflammation, Demyelination, BBB, & Neuropathy Antibody Testing (Cash No Ins) \$149.00 to \$300.00

r) ___ Toxic Mold testing (\$200 - \$376) ___ Toxic Chemical Testing (\$299) ___ Toxic Metals Testing (Pb, Hg, etc.) \$79

s) _____

Your Treatment Program:

1. Comprehensive History and consultation and lab analysis
2. Health Coaching: follow-up
 - a. Work-up Lab Analysis:
 - b. Dr. Lab Test Consults:
 - c. Dr. Dietary Consultations:
 - d. Dr. Nutritional Consults:
 - e. Staff Dietary Consults
3. Home myofascial therapy: Fenix Rehab TPT / Interferential therapy
4. Stress reduction: Heart Math/ Calm.com
5. Vagal nerve stimulation:
6. Exercise Therapies:

See Back for Treatment Schedule:

- 3) Second and third visits: your case review and possibly some Quest blood lab work will be explained to you and treatment will begin.
- 4) On your fourth visit and beyond, health coaching based on history and symptoms, and lab results will be continued. Other possible lab tests will be considered, discussed, and possibly ordered, teaching and treating will continue.

The Business of Healing 101: Research has shown that it takes three months of consistent lifestyle changes to start to change your physiology and feel better. The first step in real healing is a willingness to invest in yourself and set aside time and money for your care and recovery. Individuals do find the time and money for those things that are most important to them; you must ask yourself how important your health and wellness are to you. If you found a surgeon who could do a complex surgery that would save your life, cost would be of little concern. As a highly respected expert in Functional Medicine, the work Dr. Fors does is no less complex, intricate and lifesaving. Your initial investment covers your history and symptom evaluation, lab work analysis, care research, report of findings, case management, patient education and follow up health coaching each visit. It usually takes three to six months for full recovery from complex and chronic health issues. **We do not bill for care.** You prepay for your care for each program. Each program of care will be priced differently depending on your condition. The costs of the lab tests and nutritional supplements **are not included** in the cost of your care program fee. However, they are kept to a minimum and provided at the best possible price. To receive blood lab work at doctor's discount you need to go through Dr. Fors' Quest or LabCorp account. This means you must pay him before receiving a blood testing lab request sheet. Other lab tests will be gotten through RupaHealth Lab Services, and you will then pay for each of the other labs directly to RupaHealth at Dr. Fors' discounted fee. Dr. Fors will order your tests through RupaHealth, once you have paid RupaHealth for those tests you will receive the various lab kits. After completing and sending in the test samples Dr. Fors will receive the results. He will evaluate the results and discuss those results in your next virtual health visits. A statement of your account can be provided to you within 14 days upon written request.

Phase I: You start with the first part of the **Care Program with PHASE I (about two to three months):** Your care begins at visits ____ times a month for _____ months. Then ____ times a month for ____ months. Your total virtual care visits are limited to _____ months including _____ virtual visits. The cost of your program does include e-mail support during your program. Continuation of care in **Phase II can be discussed at the end of your Phase I care.** Your *investment in recovery*, prepaid at the beginning of the program, is \$ _____, and includes Dr. Fors' time in your case work-up, history review, lab analysis, case management, _____ months of care including _____ visits virtual visits, email support* and research into you case. Again, you can pay for your care through health savings accounts, credit card or check. **Initials:** _____

*Email support is limited to short, simple support questions and answers. More complex issues must be addressed in a virtual visit.

Phase II or Continued Care Program: Remember it takes a full three to six months to change your physiology and heal. You are entitled *up to* _____ times a month for _____ months, and / then _____ times a month for _____ months for second segment of your healing journey. The continuing investment in your recovery, prepaid at the beginning of this portion of your program is \$ _____, and includes Dr. Fors' time in your case work-up, file review, Lab Analysis, case management, _____ months of care including _____ virtual visits, email support, and research into you case. The cost of your program includes email support during your program. Your total visits are limited to _____. **Initials:** _____

- **Additional lab testing can be done at any time.** Follow-up testing on your initial lab work at about eight to twelve weeks of treatment **is not included.** Follow-up testing is paid for at that time at Dr. Fors' wholesale cost. Generally, the entire lab panels do not need to be repeated; only the abnormal results are rechecked to verify you are healing. Again, any supplements needed are **not included** in the program cost.
- You have the right to cancel a prepaid plan without penalty at any time, **minus any virtual visits completed, Dr. Fors' time, lab analysis, case research and management that has been performed.** You must submit a written and signed cancellation notice.
- There is no guarantee given that you will be "cured" by the end of the care program. However, nearly all who follow the complete program faithfully find recovery!
- **Again, this virtual wellness care done not replace your GP, specialist or regular medical care. This care must be seen as an adjunct or supportive care to your existing healthcare team.**
- I understand and agree to the above terms.

_____ (Print Name)

_____ (Sign)

_____ (Date)

_____ (Witnessed By)