

PERSONALIZED PLANT PROTOCOL

Information Sheet

INITIAL EVALUATION MEETING (90MINS) WILL INCLUDE:

- A thorough health history assessment
- Evaluation of current conditions, concerns, and health goals
- Discussion of dietary habits and lifestyle factors
- Review of relevant bloodwork and diagnostics
- Personal Constitutional assessment using Ayurvedic and Traditional Chinese Medicine along with western physiology.

YOUR PERSONAL PLANT PROTOCOL WILL INCLUDE:

- A detailed recap of the intake findings - including individual constitution and diagnosis.
- A medicinal plant regimen with detailed instructions on which plants to use and the forms, frequencies, and dosages.
- A comprehensive nutrition plan to correct any constitutional imbalances, address root causes and maximize results.
- Recommended complimentary therapeutics and treatments including guidance and support finding the best practitioners and facilities in your area.
- Recommended wellness practices addressing exercise, recovery, mindfulness and sleep.
- Resources, and recommendations for quality sources of medicinal plants preparations and supplements.
- A daily routine tailored to your specific circumstances, preferences and goals.

PERSONAL ATTENTION AND GUIDANCE THROUGHOUT THE PROGRAM:

- Ongoing support through email a follow-up call (approximately 50 minutes) within the first month of the program.
- Addressing questions, troubleshooting challenges, and providing updates to the protocol.
- Continued refinement of plants, preparations, dietary adjustments and lifestyle recommendations to enhance results.
- Guidance to increase your understanding and confidence using a variety of natural and functional medicine modalities, with an emphasis on medicinal plants.

Fees -

\$425 for initial intake, personalized plan and follow up call

\$160 follow up appointments for existing patients

- Contact hello@williamsiff.com for scheduling, billing and questions
- Schedule changes will be accommodated, at least 24-hour notice is respectfully requested.
- Please allow for up to 24 hour response time on emails with William.
- You'll receive your personal protocol within 7 days of your initial evaluation.
- William will do his best to tailor supplement and supplies recommendations to your budget requirements.
- You will receive thorough instructions as to materials you'll need to purchase and the best sources available, along with estimated cost of the protocol.
- Payment schedule is as follows: initial payment due prior to initial evaluation meeting, final payment due prior to protocol delivery. Option to pay in one installment if preferred.