

Introductory Patient Program

BETTER Body·Blood·Brain HEALTH

Thank you for your inquiry and for considering Spero Clinic for your treatment. Our introductory patient program is designed to give patients the opportunity to resolve underlying health issues prior to starting our full neurologic recovery program. When these issues are addressed, patients often find that their body is more receptive to healing.

In the event you cannot enter our full program, our introductory program is still beneficial as it will provide you with a solid foundation to assist your body in beginning the healing process. Additionally, you will have a chance to meet other patients undergoing treatment and interact with our staff.

Duration: This program is a full day and begins at 8:30 a.m. You will have plenty of time to break for lunch and typically finish no later than 5 p.m. Our staff will guide you throughout the day.

Our Introductory Program consists of the following:

Comprehensive blood work analysis: With this analysis, we are searching for any complicating factor that may be creating a barrier to healing. We prefer you have your blood work done at the lab in our clinic.

Should you choose to complete and forward your blood work prior to arrival at the clinic, we require it to be no more than 30 days old and sent to us a **minimum** of one week prior to your arrival.

Whether done while at The Spero Clinic or prior to arrival, blood work must include:

CBC with Diff: This test searches for the presence of anemia and active or underlying infections (bacterial, viral, tick borne). It also provides your red blood cell distribution width, which may indicate estrogen dominance and a need for hormone testing.

CMP (Complete Metabolic Panel): Examines basic organ function, electrolytes, pH levels, liver function, adrenal function, acidosis, and vitamin c and zinc levels.

Lipid Panel: With this test, we specifically look for certain cholesterol markers that may indicate the presence of a chain reaction of metabolic dysfunction. Further autoimmune testing may be needed, based on your results.

Thyroid Panel: This allows us to check thyroid function, as well as pituitary and hypothalamic function.

C-Reactive Protein: Indicates the presence of systemic inflammation.

Ferritin: The most effective way to look for iron deficiency. Abnormal levels combined with normal or low blood iron is an indicator of chronic bacterial infection.

Magnesium: This is important for our patients, especially those who will complete the twelve-week neurologic recovery program, because abnormal levels may affect your muscles in Neuromuscular Re-Education sessions.

Vitamin D: We often see both low and toxic levels here. Abnormal levels may affect immune system function.

Uric Acid: High levels of this metabolic byproduct may indicate gout and early kidney disease.

Urinalysis, Complete

Although **new** blood work cannot be over 30 days old, should you have previous blood work and would like to provide *in addition to* the new blood work you may email those results to lab@thesperoclinic.com

In addition to blood work, this program includes:

IgG Food Sensitivity Testing: Delayed Food sensitivities mediated by IgG immunoglobulins (unlike IgE) may take up to 72 hours to appear, therefore making it difficult to identify offending foods. These sensitivities can contribute to many health problems, increasing systemic inflammation, nerve pain, headaches, joint pain and worsening constipation or diarrhea. *Please note that IgG food sensitivities are not the same as IgE food allergies.* If you prefer to do your own testing prior to starting treatment, IgE testing will not be accepted, so please make sure that an IgG panel is ordered. The IgG helps in identifying foods that will help your body heal, as opposed to those that may be contributing to disease.

Consultations: Thirty minutes with Dr. Katinka and thirty minutes with Dr. Hannelie.

In these consults, your history and symptoms are reviewed, and we will answer questions you may have. Once lab work test results are returned, a 30-minute phone call with Dr. Hannelie to discuss the results as well as a recommended treatment plan (including dietary changes and supplementation, along with a link to our supplements dispensary) will happen approximately two weeks after your introductory date. Food sensitivity test results can take up to three weeks; these will be emailed to you when they become available.

Opportunity to tour the clinic and observe many of the therapies we utilize, have candid conversations with other patients in our program, and get a feel for Northwest Arkansas or secure temporary housing. You are invited to return to the clinic the following day should you desire more time to talk with other patients in our waiting area.

Cost: The total cost for the introductory program is \$1,295.

If you choose to *pre-forward* new blood work, \$365 will be deducted from the total.

Insurance: We do not accept insurance, but you are welcome to file with your insurance company to see if they will reimburse you for any portion of the program. This must be done independently between you and your insurance company. Unfortunately, we often find that insurance companies do not cover much of what we do.

Booking an Appointment: This program is only Mondays and Tuesdays. We require \$498.00 USD deposit to reserve. Your deposit is applied against the total cost of the introductory program.

Please keep in mind, due to scheduling demand, your deposit is NON-REFUNDABLE.

Whether you reserve on-line at <https://calendly.com/sperointroprogram> or via phone (479-582-5900), your deposit only reserves the date. This deposit and total cost does not go towards the cost of the main program. **Your appointment is not confirmed until the paperwork we send to you is returned.**

Date of arrival: If we are performing a blood draw, you must fast the morning of the blood draw. Eating salty food, the night before, and drinking lots of water the morning of, allows for a more comfortable draw. Please arrive at 8:30 a.m. You will have a break for breakfast after your lab draw.

If you have any questions don't hesitate to contact Carter at lab@thesperoclinic.com or call 479-582-5900 and ask for Carter.

We look forward to seeing you in our clinic.