



Welcome! Thank you for your interest in Tree of Life. Our professional team of coaches offer a cutting-edge approach to support your health naturally. We educate clients on achieving optimal health and well-being by using nutrition to support function.

We specialize in helping clients learn more about functional genomics. With the advancement of DNA testing, a new approach to wellness is emerging. Our team developed the Functional Genomic Analysis™ software to help identify where genes may be contributing to nutritional and detoxification deficiencies. It determines areas of potential weakness in nutritional functions; it is not a medical test nor is it interpreted by geneticists.

Appointments and Scheduling

We offer appointments in-office and consultations via phone or Zoom.

- **The first step to proceed with our office is to fill out the New Client Intake Form.**
- Once the paperwork is received, we will contact you within 3-5 business days. At that time, we can answer any questions you may have, schedule an appointment or place your order for a YFG DNA test.
- You are welcome to send any previous test results you think will be beneficial for the appointment to tests@tolhealth.com.
- **Virtual Consultations:** Zoom offers recordings of the appointment and has a share screen feature. After the consultation, a follow-up email is sent with the follow-up recommendations and appointment recording.
- **In-office Consultations:** Please see instructions at the bottom of this letter for urine and saliva collection instructions. We use the samples for a simple detoxification analysis at no additional charge. We also check blood pressure, cellular health and heart rate variability. Please arrive 15 minutes prior to your scheduled appointment for this service.

Consultation Fees

	Initial Consultation	Follow-Up
Bob Miller	\$199 / 1 hr	\$100 / 1 hr \$65 / 30 min Practitioner training - \$175
Emily Givler	\$295 / 90 min	\$195 / 1 hr \$100 / 30 min
Jaclyn Downs	\$150 / 1 hr	\$125 / 1 hr \$75 / 30 min
Megan Ross	\$220 / 75 min	\$100 / 30 min \$200 / 1 hr

Functional Genomic Testing Options

OPTION 1: Your Functional Genomics (YFG)

- **\$315**
- **Best choice and our top recommendation, especially for those with complex cases or chronic health concerns**
- Simple at-home saliva sample
- Pre-paid USPS shipping label included
- Purchased through our office
- Results take an average of 10-12 weeks to process
- Provides Access to a Client Portal to view your report with continued access to updates
- Looks for around 15,000 nutritional SNPs
- Does not provide ancestry information
- Only compatible with our Functional Genomic Analysis Software
- Is not a medical test and cannot be used to diagnose or prevent disease

OPTION 2: 23andMe®

- **\$50 Upload Fee**
- **PLEASE NOTE:** Due to the recent data breach at 23andMe, the company has currently made downloading your raw data unavailable for the foreseeable future. If you do not already have this data downloaded, it will not currently be available to you and this option is not applicable. We are not associated with 23andMe. Any questions in regards to downloading your data must be directed to an official representative of 23andMe.
- Version 5 raw data
 - Only has 40% of the SNPs we analyze for nutritional support, **currently not accepted by our practitioners**
 - Does NOT provide enough data for a good starting point
- Version 4 raw data
 - Has 97% of the SNPs we analyze for nutritional support
 - Provides enough data for a good starting point
- Version 3 raw data
 - Has 80-90% of the SNPs we analyze for nutritional support
 - Provides enough data for a good starting point
- **How to Download the raw data/genome from 23andMe**
 - Log in at: www.23andme.com
 - Click on the drop-down box next to the profile name
 - Chose 'Browse Raw Data'
 - Click 'Download Raw Data'
 - Scroll down and choose 'Submit Request'
 - It will notify you the download is processing
 - Once available, choose 'Download Raw Data'
 - Save the file: It will automatically download as a zip or txt file. This is the format we need. Do not send it as a PDF.
 - Attach the file to an email and send to tests@tolhealth.com

Collection Instructions for Urine Sample

(In-office appointments only)

- Urine Sample: Collect 1/4 c, first void of the day
- Stop all food and drinks 7-8 hours prior to collection (overnight)
- This includes: Water, mouthwash, mints, toothpaste, lipstick etc.
- Take medications as directed with as little water as possible
- You may eat and drink as soon as collection is complete
- Collect urine in disposable plastic or glass containers with a tight lid. Do not use plastic baggies.
- Keep sample cool until the appointment

Any questions may be directed to our office by calling **717-733-2003** or emailing clientcare@tolhealth.com.