

Dr. Elissa Mullen, ND

A first office appointment with Dr. Mullen may take more than an hour. This is because naturopathic physicians look at a broad spectrum of factors in a patient's health — your physical, mental and emotional state, as well as genetic, environmental and social factors. With a forward-looking approach to avoiding chronic conditions that may loom in the future, Dr. Mullen assesses risk factors and works with patients to improve their overall health and wellness.



“Life style Medicine” is the approach that is implemented at **Seattle Wellness Programs** so that you have a very active role in your healthcare.



Seattle Wellness Programs

5617 California Ave SW
West Seattle, WA. 98136

Phone 206-388-2929
E-mail: info@seattlewellnessprograms.com



Seattle Wellness Programs

Health Conscious Choices

► Options: 5 Programs for Healthy Lifestyle



Tel: 206.388.2929



Options: Programs

The GxSlim Program Includes:



- DNA test -**GxSlim** report– 42 Page report
- Laboratory analysis of your DNA sample – 48 genetic markers
- Online interactive **GxSlim** report, including:

\$297 GxSlim

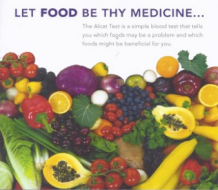
Genetic based weight-loss program

- Analysis of 16 genetic traits related to weight loss
- Food recommendations, including macronutrient breakdown and caloric needs
- Exercise recommenda-

tions, including cardio and strength training

- Supporting scientific research
- Online health content (targeted to you based on your genetic profile)

...Healthy weight loss! The inability to achieve and maintain a healthy weight might be silent inflammation (chronic low-level inflammation)



Let Food be Thy Medicine

50 foods \$ 225
100 foods \$350
357 foods \$850

The Alcat Test program provides an excellent basis for a sustainable weight loss and weight management. The Alcat Test is not a diet, but is a basis for enabling intelligent and profound dietary modification.

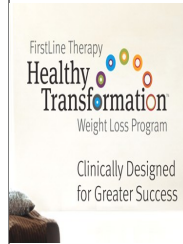


Cardio 360

\$195– Healthy Heart and Lipid Control

...Custom Heart Health Program! To help you achieve your goals for better health.

- ZRT Cardio Metabolic Profile Blood Spot Test
- Easy to Follow Program Guide
- Targeted Nutrition
- Simple Exercise
- Stress Relief
- Personalized Eating Plan
- On line Support



Healthy Transformations

\$350– Weight Management

...designed to stimulate your metabolism! Important Nutrition for over all Health

- ZRT Weight Management Profile Blood Spot Test
- Easy to Follow Program Guide
- Advanced Nutritional Support
- High protein, phytonutrient - dense food plan with a wide range of choices
- Simple Exercise
- Personalized Eating Plan
- On line Support



.....Personalized Functional Nutrition.

Nutritional deficiencies can be a complex problem of many chronic conditions.

Genova Nutritional Profile

\$2,200.00– Core nutritional assessment

- Mood disorders
- Fibromyalgia
- Fatigue
- Optimized health and sports fitness profile

One Nutritional Test Covers..

- Metabolic analysis profile
- Amino Acid Analysis
- Oxidative Stress Markers
- **80 individual bio markers**

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