

Haren Holistics LLC

SERVICE & PRICING GUIDE



www.harenholistics.com



Hello there!

Haren Holistics is built on the premise that EVERYONE deserves to not only feel, but BE empowered on their own health & wellness journey.

In other words, you deserve to have all of your options made available to you & you deserve to feel confident in your choices you make along the way.

In a world with a very broken medical system & profit-driven patient standards, you deserve the ability to take your health back into your own hands & that's what we are here to empower you to do.

LEXIE

Founder, Haren Holistics LLC



THE STORY BEHIND HAREN HOLISTICS

From bedridden, depressed & hopeless to climbing mountains again, this is my story.

My 20s were plagued with debilitating symptoms including, but not limited to; migraines, chronic fatigue, hormone imbalances, major gut disturbances, mental health struggles, calcifications, bone spurs, severe allergies & more.

After unsuccessful surgeries & \$\$\$ down the drain to see specialists who told me nothing was wrong, I FINALLY decided to take the power back into my own hands.

My years of experience in the clinical setting as a practitioner, exercise physiologist (MS degree) & EMT made me more than qualified to dig deeper & get to the roots. Through continuing education, I found myself diving deep into the world of functional labs.

My conclusions? Minerals “run the show” in our bodies & create our foundation for overall health & wellbeing. If the foundation is weak, the building crumbles over time. Minerals are responsible for cellular energy, for our body's ability to combat stress, hormone regulation & much more.



Here, we believe in getting to the true root cause & not just slapping bandaids on symptoms.

PS: I created interactive links throughout this guide so you can just click & go whenever you see one (usually bold or underlined) that resonates with you! As always, feel free to reach out with any questions. -Lex

WHAT SETS US APART?

Education + Standard of Care + Clinical Experience

1

10+ years clinical experience
(in emergency medicine,
outpatient & clinical exercise)

2

At least 90 days of continued
support + individualized protocols
with every package

3

Lexie has invested over
\$250,000 to gain this
knowledge, which you can
access with packages starting at
just \$364



4

Lexie's Formal Education: MS -
High Altitude Exercise Physiology,
BA - Kinesiology

5

The Utilization of Ancestral
Knowledge, Coupled with
Modern Technology

6

Lexie's Continued Education:
HTMA Specialist, Analyzing GI-
Maps, RCPC, Homeopathy for
Practitioners, EMT, ACLS, Cancer
Exercise Specialist & more



HOW IT WORKS

01 ***book a discovery call***
This call is a great chance for us to meet & ensure we will be a good fit for each other! We can also pick the perfect package for you & your wellness goals.

02 ***book your package, get labs***
Once you pay for your package that we create for you during the discovery call, you can eagerly await your labs arrival through the mail! Send all your labs in, accordingly, then wait!

03 ***attend your consultation***
Once all results are recieved, you will be prompted to book & attend your full-blown consultation where we will dig into results & create an individualized plan based on the findings.

04 ***implement your custom protocol***
This is the fun part where we put all the little pieces of the puzzle together & give you a custom plan to supporting your health foundations! Don't worry, there are weekly check-ins & continued support for 90-days.



communication

contact details

call/text: 406.924.3452
harenholistics@gmail.com

office hours

M - W 8:00am - 4:00pm PST
Th - F 9:00am - 5:00pm PST

website

www.harenholistics.com

Social media

[@harenholistics](https://www.instagram.com/harenholistics)



BASIC MINERAL FOUNDATIONS PACKAGE

Perfect for the individual who feels generally healthy, but knows there is always room for improvement, especially when it comes to supporting a solid mineral foundation. The perfect starting point. Add-on labs available.

[book this package](#)

what you'll get:

- ✓ Onboarding call + Hair Mineral Analysis (HTMA) + full blown consult to cover results
- ✓ Custom protocol + 90-days support + weekly check-ins in your client portal
- ✓ Supplement discounts + access to resources that are not otherwise available to the public

your investment

\$364

BASIC MINERAL FOUNDATIONS + IRON PANEL BLOOD WORK



Perfect for the individual who would love a couple different perspectives on their mineral foundations. Especially valuable for those struggling with fatigue, iron-related issues or those with concerns related to Vit D status.

book this package

your investment

\$728

what you'll get:

- ✓ Basic Mineral Foundations package (everything mentioned in previous page) + blood work
- ✓ Blood Markers Include: Ceruloplasmin, Copper, Ferritin, Hemoglobin, Iron and Total Iron Binding Capacity, Magnesium, Active & Storage Vitamin D, Transferrin, Vitamin A (Retinol), and Zinc.

BASIC MINERAL FOUNDATIONS + GI-MAP (STOOL ANALYSIS)



Perfect for the individual wanting to get to the root of some major wellness issues. We know the gut & mineral foundations are key for every aspect of health. This is my recommended starting point for an overhaul on health!

book this package

your investment

\$854

what you'll get:

- ✓ Basic Mineral Foundations package (everything mentioned on pg 6) + Gi-Map (stool test)
- ✓ The Gi-Map gives us insights to the gut microbiome & detects parasites, fungi, viruses, bacteria & more. We can gain insights to pathogens that may lead to disease or health complications down the road.



ULTIMATE HEALTH RE-BOOT PACKAGE

*3mo. 1/1 Exclusive
functional lab add-ons +
community access + support*

[book this package](#)

summary:

- ✓ Everything stated in the Basic Mineral Foundations + Blood Package + GI MAP
- ✓ Plus: 3 x 60-min 1:1 calls with Lexie, HTMA re-test + follow-up consultation
- ✓ Lifetime of free community + Haren Holistics app access + supplement discounts, 20% off optional add-ons

Total value:

\$5,438+

your investment

\$3,464

PAYMENT PLANS AVAILABLE

WHAT YOU'LL GET

1 *Hair Mineral Analysis*

The HTMA will provide us with valuable insights to metabolic health, toxic elements, the body's ability to handle stress & insights to other body systems like thyroid, endocrine, adrenal & more!

2 *Full Iron Panel - Blood Work*

The iron panel gives us valuable insights to iron status in the body. From these results we can learn how to best support the body's iron recycling system & support Vitamin D status,

3 *Gi-Map*

The Gi-Map gives us insights to the gut microbiome & detects parasites, fungi, viruses, bacteria & more. We can gain insights to pathogens that may lead to disease or health complications down the road.



ULTIMATE HEALTH RE-BOOT PACKAGE



4

FULL CONSULTATIONS

The full consultations will be monthly to touch base, cover any new lab markers & adjust protocols as needed. During these consultations we will dive deep into health history, lab results & make an individualized plan.

5

WEEKLY CHECK-INS

The weekly check-ins serve as an accountability measure for both of us! I like to make myself available to your questions, comments & concerns at any point in time. This is the perfect time for us to communicate!

6

90-DAYS CONTINUED SUPPORT

90-days of support ensures the best possible outcomes for you! This means that for 90-days you are guaranteed an ongoing conversation that is open to questions, protocol changes & whatever else your heart desires!

7

RE-TESTING

Re-testing toward the end of your 90-day contract allows us to see first-hand the shifts that have occurred in the body throughout our time working together. You get 1 HTMA retest included in the package & your choice of a blood panel OR Gi-map retest.



THERE'S MORE . . .

8 *3 Additional 60-min Calls*
Book these calls at your convenience during your 90-day contract to dig deeper into specific topics. Can use to chat homeopathy, personal training, new protocols or to dig deeper in labs. Choose your own adventure here!

9 *Monthly Workout Plans*
Get a monthly movement plan that is custom-tailored to your unique wellness goals. Need help building muscle? Help with flexibility? It's choose your own adventure here & we will create an individualized plan.

10 *Exclusive Discounts*
Access 20% off additional services like homeopathy consults, personal training, altitude consults & more. Access your own unique referral code to share with friends/family & accumulate credits for future services.



[book the reboot package](#)

LAB ADD-ONS



*Gi-Map
(stool test)*

Add-on: gives us insight into gut function & microbiome, h-pylori status, antibiotic resistance, leaky gut, & overall digestive function.

\$490

*Full Monty
Iron Panel
(blood test)*

Add to any package - includes 10 key blood markers like hemoglobin, ceruloplasmin, copper, ferritin, iron, magnesium, vitamin D, etc.

\$364

*HTMA-
Retest*

Add to the end of your 90-day package to see what has changed through implementations - includes written summary of results.

\$140

inquire about add-ons during your discovery call or at any point during your 90-day contract

ADDITIONAL SERVICES



Homeopathy Consults

Acute health conditions + fertility-related homeopathy consults can be added to any package. Remedies will be additional costs & vary.

\$190

Personal Training

Can be added to any 90-day package. Includes weekly updates to workout plan & adjustments.

\$300

Altitude Consult

Can be added to any 90-day package to address preparation for high altitude exposure.

\$200

inquire about additional services during your discovery call or at any point in your 90-day contract

ONLINE RESOURCES



Haren Holistics App

Mtn Gal Well Co: Haren Holistics' complete & comprehensive resource library & app. It's a space to connect, learn & grow.

*\$4.99/
month*

Blog.

The Haren Holistics blog is a gold-mine of knowledge, information & resources. Search for topics that interest you & enjoy!

free

E-books & Guides

*Some of our e-books & guides are available for purchase online. PS: if you are a member of **Mtn Gal Well Co.** you get access to all for free!*

misc.

PRODUCTS AVAILABLE



*Homeopathic
First Aid
Kits (TBA)*

Our homeopathic first aid kits come in travel-friendly, canvas pouches & include blends to treat common ailments like flu, headache & more!

*starting
at
\$119*

**Adrenal
Cocktail
Mega Guide**

Although you can buy the e-book version, the luxe hard copy is the perfect addition to your coffee table or gift for your friend!

\$35.50

*Homeopathy
Single
Remedies*

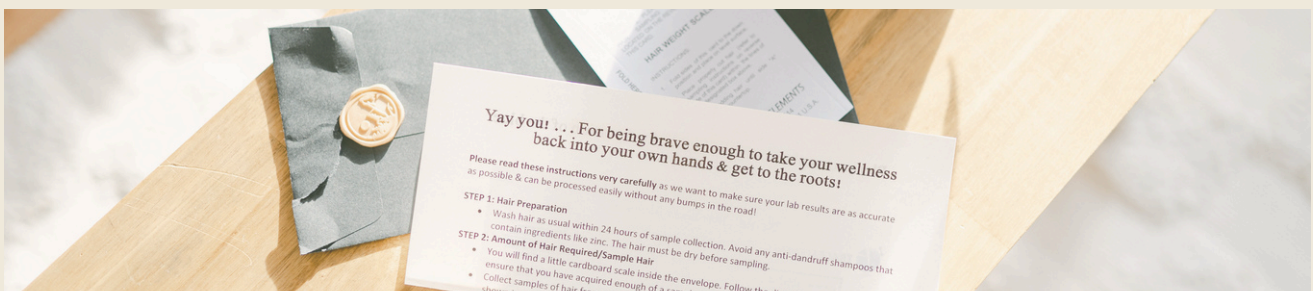
We know how hard it can be to find a single remedy to replace the one you used the most of! E-mail Lexie for single remedy inquiries.

misc.

“

IT'S MORE IMPORTANT TO
UNDERSTAND THE IMBALANCES
IN YOUR BODY'S BASIC
SYSTEMS AND RESTORE
BALANCE. RATHER THAN NAME
THE DISEASE AND MATCH THE
PILL TO THE ILL.

- *Mark Hyman, MD*



TESTIMONIALS



Lily V.

"I came to Lexie during a really hard time. I was struggling to get honest answers. Lexie took me in, did the testing I wanted & guided me through so much. I improved & learned so much through her guidance & she never made me feel stupid or like I was asking too many questions. She's very knowledgeable for someone who's young or should I say younger than me! I loved working with her."

Courtney S.

"When modern medicine was failing me & I was tired of treating symptoms instead of what was causing the symptoms, Lexie looked at me as a whole person. Together we worked on a plan to create a more sustainable, healthy balance of what my body needed & how I can supply it naturally. I am forever grateful to Lexie for taking the time to listen to me as a human being & be more preventative with my health opposed to reactive."



Dawn L.

"About 8 mos ago, I hit a horrible, crazy low due to hormone therapy. My whole being could barely function. I'm a much healthier, energetic, & happier person today because of her expertise, advice and help. I love her passion to always learn more & to help those of us that don't understand how to best help ourselves."

Stock images have been used for some (not all) of the testimonials provided out of respect of privacy for clients. Real client names have been used with permission from clients.

TESTIMONIALS

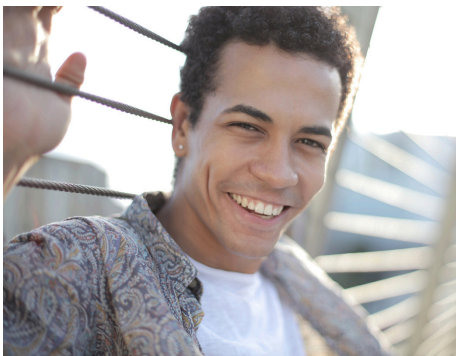


Jolyn G.

“After I quit a toxic job, I felt like my body was going through a detox - I had no energy, sluggish, & overall just feeling blah. On top of that, my teeth had started to lose their enamel 7 months prior. After meeting with Lexie & starting my plan, my teeth gained enamel & my energy was back! It felt like coming alive after living in a grey cloud.”

Brooke M.

“Lexie was an absolute blessing to work with. When I came to her, I was struggling with major burnout including sleep & headache issues. I was depleted of minerals. She took the time to listen to my needs & was able to provide a protocol with supplement recommendations as well as teach me to track macros & make sure I was fueling my body with the minerals & protein I was lacking. She was there every step of the way & very quick to respond to any concerns. I feel like a new person & I will continue to work with her in the future.”



Andrew H.

"About 8 mos ago, I hit a horrible, crazy low due to hormone therapy. My whole being could barely function. I'm a much healthier, energetic, & happier person today because of her expertise, advice and help. I love her passion to always learn more & to help those of us that don't understand how to best help ourselves."

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FAQ'S

What info does the HTMA give us?

The HTMA gives us insight to 36+ minerals & elements including toxic elements in the body. We can learn a lot about metabolic health, thyroid & endocrine function, adrenal gland health. stress, oxidation & so much more!

What measures are included in the blood work?

The key markers measured are Ceruloplasmin, Copper, Ferritin, Hemoglobin, Iron and Total Iron Binding Capacity, Magnesium, Active & Storage Vitamin D, Transferrin, Vitamin A (Retinol), & Zinc.

What can I learn from the GI-map?

The Gi-Map gives us insights to the gut microbiome & detects parasites, fungi, viruses, bacteria & more. We can gain insights to pathogens that may lead to disease or health complications down the road.

How much hair do I have to cut for the HTMA?

Just under 2 tablespoons. I know it sounds like a lot, but we take from a handful of spots on the scalp! If the sample is taken correctly, there should be no noticeable spots of missing hair on your head!

Do you offer family or couple discounts?

Yes we LOVE supporting you and your family as a whole! We will offer up to 15% off of services for additional family members at booking. Please inquire about family discounts with an [email to Lexie](#).

FAQ'S CONT'D

What do the weekly check-ins look like? Are they mandatory?

The weekly check-ins consist of an e-mailed form sent to you through your client portal every Sunday. There are questions in there like “how is your protocol going” & “what went well or didn’t go well this week?” The weekly check-ins are by no means “mandatory”. They are a tool for you to utilize to get the most out of your investment! They are a great opportunity for you to update me on how things are going, ask questions & for us to stay in touch & make any necessary changes or shifts to your protocol! I can say that my clients who complete their weekly check-ins are much happier with their outcomes come the end of the 90-day contract!

What does support & communication look like after the 90-day contract is up?

You can renew a 90-day contract for continued support or opt for additional lab testing at the end of your 90-days to renew a contract.

Is all of my medical information secure, private & safe?

Yes, yes and YES! We use a HIPA-compliant, secure, patient booking & portal system. You will have access to all of your labs, protocols & even direct & private chat with Lexie there.

Got questions that weren’t answered?

**Feel free to call/text: 406.924.3452
or e-mail: harenholistics@gmail.com**

Let's Get Started!

I'm so excited for you to start your journey of "getting to the roots." I know firsthand, the empowering feeling that comes along with feeling truly heard & supported & I can't wait for you to experience that!

So what are you waiting for? Get on your path to healing by booking any of the options in this service guide today. If you would like guidance in what packages & add-ons will be most appropriate for you, book a discovery call first. Can't wait to chat soon.

[book discovery call](#)

[contact us](#)

I can't wait to see what's in store for you & your wellness journey. I look forward to connecting with you soon!

Cheering you on,

LEXIE



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www.harenholistics.com

