

## 6-Month Life-Force Wellness Program

This wellness program is designed to drastically improve and/or resolve most chronic diseases and/or resolve the vast majority of all your symptoms. You will gain a LOT of health (and life) benefits. Period! A goal of this program is to get you out of the doctor's office (yes, even ours) for chronic health care management. Let us get you off as many prescription drugs and over the counter drugs as possible, and yes, even off your 'natural' supplements too.

### Program Includes:

- **Dr. Yoshi Rahm office – 4 office visits**
  - Initial intake Day. Initial intake with Dr. Yoshi Rahm to determine your personalized health action plan.
  - 1-7 days after Initial Day with Oasis support staff. For testing (blood draw, EKG, CNS Vital Signs, LifeStressTest, qEEG Brain Map, take home urine heavy metals and/or hair mineral tissue test). Note that blood work will be run through your insurance and is NOT part of the wellness program fee. Please ASK!
  - Initial Day + 3-4 weeks follow-up appointment with Dr. Yoshi Rahm to review all testing done.
  - Initial Day + 2-4 months follow-up appointment with Dr. Yoshi Rahm to review all testing done.
  - Initial Day + 5 months with Oasis support staff. For testing (blood draw, CNS Vital Signs, LifeStressTest, qEEG Brain Map, if needed: urine heavy metals and hair mineral tissue test)
  - Initial Day + 6 months follow-up appointment with Dr. Yoshi Rahm to review all testing done and determine further health action plan.
- **Holistic Health Coach – 6 office visits**
  - Coaching on lifestyle including as needed emphasis on food, drink, body care, home health, rest & sleep, and mental & emotional wellness. Coach will even accompany you to the grocery store if this is needed.
- **WildFit – 90 days**
  - 90-day online program that is founded on what humans are supposed to eat based on our history of hunters and gatherers lining in the wild. This is a three-month journey of self-discovery and personal growth while you learn powerful tools to help you transform your relationship with food, forever (<http://dryoshi.com/store/> then click on the “WildFit” option).
- **Brain Maps (qEEG) – 2 tests**
  - Discover how well your brain is functioning in real time as this testing identifies areas in the brain producing too much or too little electrical activity (<http://dryoshi.com/brain-map-neurofeedback/>).
- **CNS Vital Signs – 2 tests**
  - Neurocognitive testing ([CNSVS.com](http://CNSVS.com))
- **Stress Questionnaire**
  - Evaluate for stress, burn-out, anxiety, depression (<https://www.15minutes4me.com/free-online-test-stress-anxiety-depression-burnout/>).
- **Electrocardiogram (EKG)**
  - Evaluate your heart's electrical health
- **Heavy Metals test**
  - Evaluate exposure to potentially toxic elements (<https://www.doctorsdata.com/urine-toxic-metals/>)

Please note specifics of program may change with time, but overall value will only become even more beneficial to you.