

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Diagnostic, Treatment and Research Centre with a Holistic Personal Approach.
 2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Phone: (810) 235-5181,
 Open: Monday-Friday: 8am - 8pm. Saturday: 8 am - 6 pm, By Appointment.
 Web: www.ahrc.us

2008 - Patients Services/Therapy Summary - Fee's

Acupuncture, Chiropractic, Personal Trainer, Colon Hydro-Therapy, Massage/Soft Tissue Therapy, Sauna & Heat Therapies, Counseling, Mild Hyperbaric Oxygen Therapy, Iridology, Biomeridian, Digital Pulse Wave, Lifestyle & Nutrition Evaluations, Spinal Decompression & Other Low Force Spinal Therapy, Cold Compression Therapy, Modified Light Therapies, Electric & Body Detoxification and Many Health Classes.

CONSULTATIONS - CONDITION EVALUATIONS

Initial Review: Written History, Consult - review history, chief complaint & presenting problems, Evaluation Exams: Extensive, Pain Questionnaire, Nutrition, Stress Evaluations., etc., Initial working Diagnosis/Assessment, Treatment Plan/Recommendations and Case Management, Rehab Fitness and home suggestions. (Evaluate & manage of new conditions).

Update Review

Consult (Co), Evaluation/Exam/Progress, Diagnosis, Treatment, Follow-up Plan, Recommendations, Case Management: Home and Rehab/Fitness. - Used to update the old condition and/or for on going case review. This is done after every 12-16 visits. (Or if last visit is greater than six months, but less than one year).

	Initial	E/M	Cost	Updated E/M	Case review/new consult
Min		99201	\$45.00	97211	\$25.00
Brief		99202	\$60.00	97212	\$40.00
Inter.		99203	\$75.00	97213	\$55.00
Adv.		99204	\$90.00	97214	\$70.00
Ext.		99205	\$105.00	97215	\$85.00

Nutritional Evaluations

Lifestyle & Nutritional Symptom Survey - A lifestyle, symptom survey and nutrition questionnaire is used and computer reviewed to find blood type and nutritional weaknesses, strengths and needs. This is used to determine lifestyle effects, nutritional deficiencies and recommendations.

Initial: \$60, Follow-up: \$45.

Biomeridian - evaluates the bodies systems and function through the different integrated systems. This is done with the use of FDA approved galvanic skin conductance in the body meridian channels, computer analyzed and compared to normal.

Initial (58 pts): \$60, follow-up: \$45.

Digital Pulse Wave Analysis - measures elasticity of small and large arteries and provides critical information regarding arterial health, vascular aging, circulation and the effect of treatments. Two non-invasive evaluations protocols (PTA & HRA) are used to determine current status, developmental problems and results of past therapy for circulation, arteries and heart problems.

Initial: \$60 (PTA: \$25 + HRA: \$35), follow-up: \$45 (\$20 + \$25).

Iridology - Evaluation and computer review of nutritional developed indicators seen in the eyes. Information is computer analyzed with other nutritional information and integrated into recommendation in lifestyle changes: foods, liquid intake, activity level & supplements.

Initial: \$60, follow-up: \$45.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
2008 - Summary cont.

Combination: Initial: 2 of above: \$110, 3 of above: \$150, 4 of above: \$180.

STRUCTURAL Evaluations & Assessments

Subjective and Objective evaluation and Assessment of condition - Neurological, Muscular Nutrition & Skeletal tests are considered as needed to assess current presentation and condition.

X-rays - Static films - Position: A-P, Lateral, Flexion, Extension, Left Lateral Bending, Right Lateral Bending, Left Rotation, Right Rotation. Used for hard tissue damage- injuries, accidents, developmental, alignment problems and degeneration review (disc's, facets, bone, alignment, etc.).

Location: Head, Neck, Mid-back, Low-back, Pelvis, Extra-spinal.						
Location	CPT-Codes	Cost	CPT-Codes	Cost	CPT-Codes	Cost
Neck	72040 - 2 views	\$45.00	72050 - 4 views	\$65.00	72052 - 6 views	\$85.00
Mid-back	72070 - 2 views	\$50.00	72074 - 4 views	\$70.00		
Low-back	72100 - 2 views	\$50.00	72110 - 4 views	\$70.00	72114 - 6 views	\$90.00
Pelvis	72170 - 2 views	\$50.00	72090 - 4 views	\$70.00		

Bone Density - as needed to review bone strength

Initial consult and review: \$60, Follow-up: \$45.

TREATMENTS/THERAPIES

Acupuncture - Acupuncture and Oriental Medicine is effective in treating many painful conditions: Sciatica, back pain, neck pain, Rotator cuff injuries, knee pain, Arthritis - Rheumatoid and Osteoarthritis, Pain resulting from Injury, Muscle Stiffness and Nerve Dysfunction along with other conditions.

Initial: \$80, Follow-up: \$60.

Chiropractic - used to balance and align the spinal and skeletal structures, reducing interference and restrictions in the biomechanics, nerve, muscle, lymphatic and blood systems. Deals with neurological and biomechanical conditions. Utilizes structural balancing and adjusting.

Brief (1-2 tx): \$30, Regular (3-4 tx): \$45, Extensive: (5 tx areas): \$60.

For each adjunct/additional related structural therapy add \$15 each.

Counselor - deals with mental coping and adaptive related problems. Family and individual sessions.

Brief - 30 minutes: \$35, Intermediate - 45 minutes: \$50, Extensive - 60 minutes: \$60.

Diet/Weight Loss/Nutritional Consultations - used to help nutritional conditions, enhance weight loss, diet modification, body healing and repair.

Initial: \$60, Follow-up visit: \$35.

Sensory-Motor Therapy - used to evaluate current sensory, motor & balance, coordination, integration, mental processing, coordination, and disabilities. Sensory-Motor therapy uses the Brain Gym for those ages 3-12 and those disabled.

Initial: \$60, Regular sessions: \$45.

Soft Tissue/Massage - Massage skin, underlying muscles, blood and lymphatic system helps the body heal, strengthen itself, reduce stress and tension, increase blood flow and helps in waste removal.

Initial Evaluation + ¾ hour therapy: \$60, Follow-up - 30 minutes: \$35, 60 minutes: \$60.

Additional: Hot Rocks: \$12, Paraffin-hands: \$10 or feet: \$12, both: \$18.

Personal Image Trainer - individualized and group classes to help the individual gain self esteem and confidence in their presentation of self.

Initial: \$85, Follow-up: \$60.

Athletic/Personal/Fitness Trainer - professional guidance used to enhance and strengthen the body.

Initial session: \$35, Regular sessions: \$25. Room use: \$5 (non-patient), Free (regular patient).

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
2008 - Summary cont.

Disc Re-hydration/Arch/Weight bearing Spinal Re-education Therapy - Posture Pump: \$95. Therapeutic Pillows: \$85-\$65, Lumbar Disc Traction Belt - \$35.

Traction/Decompression - (if combined w/ other Chiropractic Services: \$10 discount):

Flexion or Extension traction with Lateral Flexion traction - Brief: \$25.

Computer assisted Decompression Therapy: Brief: 10 min. - \$30, Basic: 20 min. - \$45, Intermediate: 30 minutes - \$60, Advanced: 40 minutes - \$75.

Fitness/Rehab. Room - Free under acute treatment plan. Support care - \$3/hour (non-centre: \$5).

Infrared Sauna Room - used to detox, increase circulation, relax muscles, reduce stress, warm-up, Heat, is used in the sub-acute and support/rehab stage, to increase circulation, brings more nutrients and oxygen to the area for increasing ROM, relaxing adhesions and shortening healing time, etc. 30 minutes in sauna (max.: 20 minutes @ 105-110 degrees): \$5.00.

Dual Head Shower - (benefits are common knowledge) 10 minutes: \$1.00.

Oxygen Bar - concentrated oxygen can be used pre-, during and post-therapy or in the massage chairs. Use in stimulating energy, healing and repair of cellular functions and body strength. 15 min.: \$5.

Mild Hyperbaric Therapy - Initial Consult: \$25. \$5.00 staffing/set-up + \$12.50/15 min.

Consult every 24 hours of therapy: \$15. Second person in same chamber add: \$5/15 min.

Cold Therapy - Cold helps during acute to reduce swelling, inflammation, vascular leakage, reduces space between torn muscle/ligaments and tendons, etc. Cold packs (15-18 min): \$6, Cold compression therapy (Game Ready): 30 minutes: \$15, Home - Ice pack: \$4 small, \$6 large.

Heat Therapy - Heat, is used in the sub-acute and support/rehab stage, to increase circulation, brings more nutrients and oxygen to the area for increasing ROM, relaxing adhesions and shortening healing time. Extra heat modalities: Full Hot rocks: \$12, Paraffin: Hands - \$10 Feet \$12, both: \$18, Infrared heat pad (10 minutes) - \$5, Sauna: 30 minutes: \$5.

Naturopathic Educator - use of herbs, supplements and remedies is reviewed and considered to assist the body in healing. 30 minutes: \$35, 45 minutes: \$50, 60 minutes: \$60.

Auricular acupuncture - uses reflex points in the ear to stimulate different body systems to heal. Initial consult: \$60, 5 point protocol (addiction therapy)/ ½ hr therapy: \$35.

TerraQuant Therapy - Infrared, Pulsed Low Level Cold Laser, Red light & Magnetic therapy combined, used to increase healing rate, blood flow, release adhesions, help cell metabolism, reduce inflammation, muscle spasms and pain. - Initial: \$25, Regular 3 cycle session: \$18 (self assisted: \$15).

Deep Penetrating Light therapy: delivers therapeutic benefits to living tissue, by affecting 24 different changes at the cellular level. Red light - skin conditions/acne, wounds, cuts, scars and infections. Infrared - bones, joints and muscle problems. Cost: \$6.00/9 minute session.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
2008 - Summary cont.

DETOXIFICATION PROGRAM - (S.N.: can not be done while pregnant or nursing.) (Children can also be given this therapy at a slower rate. They take less time, supplements, intensity, etc. but they may have higher toxic load per body weight).

1. Basic

a. Intestinal Cleanse - a good intestinal cleansing is recommended for basic body detoxification, removal of old soft waste products, toxins and general health improvement. We recommend that you begin with the use of basic supplements: 201/202, Clean start, Bowtrol, etc. We also recommend a Liver/Gallbladder flush to help clean this system, also.

b. Chelation Therapy - we also want to block heavy metals and toxins from entering the body and blood system. We use EDTA to grab the heavy metals from your intestine. Cost 60 (1 month): \$9.00. We can also use a hard and fast Chelation liquid, Angiogram (\$60/bottle-4 to 8 day dosage), to pull toxins from the blood. (Cleanses the arteries out, increases circulation and lowers blood pressure).

2. Advanced Colon Hydrotherapy/Colonic - (added to basic intestinal cleanse & chelation therapy), gentle and private gravity feed water flush of the large intestines and colon, to remove impacted residual food particles, waste, toxins and resistant parasites. Initial session: \$90-\$80 (Consult: \$25 (\$15) + first session: \$65), Regular session: \$65 (prepaid discount available).

3. Other

a. Global Wellness - (“electro-antibiotic“) - uses particular pre-set electro-magnetic frequencies, to strengthen/enhance the normal cells, along with disrupting and damaging specific non-human cell matrixes, thus allowing the bodies systems to catch up and destroy invaders: bacteria, virus’s, parasites, microbes, etc. This can effect the 12 meridian/systems, 23 different cellular areas/functions and over 525 conditions. Treatment time: about 28-30 minutes/session. Recommend 12 sessions at a time. Initial session: \$35, Regular session: \$30. (12 sessions: \$300).

b. Ion Cleanse - (foot bath detox) - this procedure is used to help remove heavy metals, toxins & waste products from the body and assist the bodies natural waste removal and detoxification process. High intensity session: Initial session: \$35. Regular session: \$30. (12 sessions: \$300).

Combined - Global Wellness + Ion Cleanse: \$55/session. (12 sessions: \$575).

4. High Potency Supplements – IntraMax - needed to re-build the body and support the immune system. These are used to supplement the bodies healing process and to help repair damaged tissue, organs and systems. 415 ionic liquid nutrients): \$65 (1-6 month supply), plus other condition specific supplements maybe recommended.

5. Purified Water - city of Flint drinkable water is run through sediment, reverse osmosis, and carbon filter. This process cleans the water to 99.99% pure, so that it helps reduce the bodies free radicals, helps to remove toxins, helps the kidneys, liver and intestines do their job better and helps carry nutrients to the cells easier. This water is used in the water coolers. Cost: \$1.00/gallon (\$0.25/quart) (bring your own container). Up to 1 quart free to patients/clients after massage.

OTHER CENTRE ITEMS

Group Classes - Basic Life Support class (8 hour class includes lunch - 1 Saturday/3 month’s): \$45. Individual, family or specialized topic group meetings - time and room dependent.

Full Spectrum Lights - these lights are used throughout the building to stimulate the skin to produce life enhancing chemicals. These lights help reduce “SAD/SADD” - Seasonal Affective (Depressive) Disorder. Full spectrum lighting improves immunity, prevents disease, increases intelligence, stimulates metabolism, and boosts energy levels. Recommend Home bathroom.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
2008 - Summary

Initial	E/M	Cost	Updated E/M	Case review/new consult
Min	99201	\$45.00	97211	\$25.00
Brief	99202	\$60.00	97212	\$40.00
Inter.	99203	\$75.00	97213	\$55.00
Adv.	99204	\$90.00	97214	\$70.00
Ext.	99205	\$105.00	97215	\$85.00

X-Rays	CPT-Codes	Cost	CPT-Codes	Cost	CPT-Codes	Cost
Neck	72040	\$45.00	72050	\$65.00	72052	\$85.00
Mid-back	72070	\$50.00	72074	\$70.00		
Low-back	72100	\$50.00	72110	\$70.00	72114	\$90.00
Pelvis	72170	\$50.00	72090	\$70.00		

Bone Density - Initial: \$60, 6 month follow-up: \$45.

TREATMENTS/THERAPIES

Acupuncture - Initial (AI) : (60-75 min.) \$80, Regular visits (AR): (45-60 min.) \$60.

Chiropractic Therapy - Brief: \$30, Regular: \$45, Extensive: \$55.

Nutrition/Diet Consult - Initial: \$60.00, Regular: 45 minutes - \$45, brief: \$30.

Sensory-Motor Therapy - Initial Evaluation - \$60, 45 min. - \$45, 30 min. - \$30.

Soft Tissue/Massage - Initial consult/Evaluation + 45 min therapy: \$60, Reg. therapy: \$60/60 min., \$35/30 minutes
 Add.: Hot Rocks: \$12, Paraffin-hands: \$10 or feet: \$12, B: \$18.

Iridology Evaluation - Initial (IEI): \$75, F/U exams - (IEF): \$50.

Biomeridian - Initial: (BMI) \$60/(\$75), Follow-up: (BMR) \$45/(\$60).

Athletic/Personal/Fitness Trainer - Initial (API): \$35.00, Regular(APR): \$25.00.

Lifestyle/Symptom Questionnaire - Initial (LSI): \$60/(\$75), F/U (LSR): \$45/(\$60).

Exercise Instructor - \$16/hour. 4-6 participants. Exercise Class - (DVD: 1 hr- non-instructor-\$1, non-patients - 1 hr. \$2 to cover room use).

Disc Re-hydration/Arch/Weight bearing Spinal Re-education Therapy - Posture Pump - \$95. Therapeutic Pillow - \$85-\$65. Home Lumbar Disc Traction Belt - \$35.

Decompression - (if combined with Chiropractic services: \$10 discount). Flexion or Extension Traction (Cox or Robeson) with Lateral Flexion - \$30. Decompression Therapy Brief: 10 minutes - \$30, Basic: 20 minutes - \$45, Intermediate.: 30 minutes - \$60, Advanced: 40 minutes - \$75.

Fitness/Rehab. Room - Acute plan patients: Free, Support care: \$3/hr, Non-treatment pt's: \$5/hr.

Sauna - 30 minutes - sauna: \$5.

Shower - 10 minutes: \$1

Oxygen Bar - 15 min.: \$5.

Mild Hyperbaric Therapy - Initial consult: \$25. Therapy: \$5 set-up + \$12.50/15 min. Second person - same chamber add \$5.00/15 min.

Cold/Heat Therapy - Cold packs (20 min): \$6, Home Ice pack-Small: \$4, Large-\$6. Cold compression therapy-Game Ready: 30 minutes - \$25 (*\$15). Heat: Full Hot rocks: \$12, Paraffin: Hands: \$10, Feet: \$15, B: \$22, Infrared heat (20 min) - \$5.

Herbologist/Naturopathic Educator - Initial consult: \$60, Follow-up: 30 min-\$30/ 45 min-\$45.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC

2008 - Fee Summary

Digital Pulse Wave Analyzer - Initial (DPI): \$60(\$25 + \$35), (DPR): \$45.

Nutrition Combination: 2: \$110, 3: \$150, 4: \$180.

Auricular Acupuncture: Initial: \$60, 5 point addiction therapy: \$30, ½ hr therapy: \$30.

Counselor - 30 minutes: \$35, 45 minutes: \$50, 60 minutes: \$60.

Combined Laser Light Therapy - Infrared, Pulsed Low Level Laser, Red light & Magnetic Therapy - Initial: (Initial consult + 12 min. therapy) (TQI) - \$25, Follow-up (TQF) \$15.

DPL Therapy: Red light plus Infrared: \$6 - 9 minute session.

DETOXIFICATION PROGRAM -

1.

a. Basic - Intestinal Cleanse - 201 (100): \$7.50, 202 (100): \$7.50. Clean start: \$65. Bowtrol: \$xx.

b. Chelation Therapy - EDTA (60 caps): \$12.00, Angiogram: \$60. 3 bottles: \$162 (\$54 ea.), 6: \$270 (\$45 ea.), 9: \$324 (\$36), 12: \$396 (\$33).

c. Advanced - Colon Hydrotherapy - Initial Consult: (CHI) \$90-\$80, Follow-up: (CHF) \$65.

2.

a. Global Wellness - Initial Consult: \$15, Therapy - \$30/session, Case review every 12 therapies - \$15.

b. Ion Cleanse - IC - (Foot Bath) Initial consult: \$15, Cost - \$30/session.

d. Combined: MC + IC - Initial: \$15, \$55/session 12: \$575.

3. High Potency Supplement: IntraMax: 415 items: \$65.

4. Energized purified Water Cost (E4): \$1.00/gallon ((E1) \$0.25/quart).

5. Supplements: as marked.

Classes

8 hr Basic Life Support class with lunch - \$45.

Yoga class (1 hr/wk - 8 wks) - without instructor: \$16/ with instructor: \$24.

1 hour topic classes: as need arises - \$5 (min.: 6 people)

Pre-paid summary page - (if Credit card add 3% service fee)

MHBOT

6-12 hrs: 5% disc. (\$47.50), 13-36 hrs: 10% disc. (\$45/hour), 37+: 15% disc. (42.50/hour),
of hours x rate = prepay + \$5/copay/session.

Second person in same chamber: additional \$5/15 minutes, no prepaid discount.

Global Wellness: 12+: \$250 **Ion Cleanse:** 12+: \$250, **Combined (GW + IC):** 12+: \$480

Colon Hydrotherapy: I + 3: \$200, 3: \$171, 6: \$324, 12: \$612. 6 mo check: 3: \$170.

Decompression Table: \$5/visit set-up +\$2.00/minute (10 minute minimum) regular: \$25/\$15

250 min - 499 min: 5% disc. (\$1.90/min.), 500 min.-749 min.: 10% disc. (\$1.80/min.)

>750 minutes: 15% disc. (\$1.70/minute).

Chiropractic: \$40, Family (same day): \$35.

Massage: \$55/hour. 12+: \$50. **Oxygen Bar:** 12+: \$48 (\$4 each).