



The Case Review is the first step for all new clients. This process is designed to save money and time in the long term by performing the appropriate investigative testing and evaluations before creating and implementing a wellness plan. A cornerstone of this approach is “test, don’t guess.” Identifying the underlying patterns contributing to disease is the key to a successful and lasting outcome. The Review serves several purposes including enabling the Integrative Wellness Specialist to more accurately estimate how long your wellness program will last, projected costs, and possible support therapies and products. This process also provides the chance for you to ask any questions about your condition and what you should expect. Most importantly, the process provides an opportunity for us to get to know each other and determine if our clinic is a good fit for you. The Case Review is a five-step process which includes:

- A review of the symptomology profile you submit
- An initial 30-minute phone interview
- A review of your medical history and other information obtained
- A 75-90 minute Sankofa Discovery Session (In person/Phone/Video)
- A review of current and previous pertinent lab work
- A review of your current diet and nutritional supplements
- A detailed body systems assessment
- A 60-minute Report of Findings (In person/Phone/Video)
- A comprehensive individualized wellness program
- Recommendations for further testing (if necessary)

Step One: Preliminary Phone/Video Interview

You will complete our online metabolic assessment form. Then, using our online scheduler, you will make an appointment to review your symptoms and discuss your wellness goals with our Integrative Wellness Specialist Dr. Michelle Gamble.

Step Two: Preliminary Phone/Video Interview

During this 30-minute phone appointment, we will review your primary concerns to determine which program will be best suited to meet your needs and which lab tests to order if necessary. The exact lab testing ordered after the Initial Consult depends on your individual circumstances, but may include:

- A comprehensive blood chemistry panel
- Additional blood tests for specific conditions
- Food Sensitivity Panel

Nutrient and Toxic Metal Hair Analysis
Advanced stool testing
Saliva hormone testing including an advanced adrenal assessment

Step Three: Living Matrix Intake Forms

Next you will complete a comprehensive health history via our convenient, HIPPA compliant electronic health record portal. These intake forms include:

- A detailed health and medical history questionnaire
- A survey of your health concerns and health goals
- An assessment of your most troubling and frequently experienced symptoms
- A diet survey and questionnaire
- A list of your current supplements and medications, along with a list of treatments you've previously tried that caused unfavorable reactions

Step Four: Sankofa Discovery Session

This session is a 60 to 90-minute appointment (In person/Phone/Video). Prior to your consultation, you must complete and submit all intake forms via the online portal.

Finally, you may be provided with dietary guidelines to follow after the Initial Consultation. These will include detailed instructions on how to perform either a 14-day or 21-day nutritional plan, depending on what your practitioner decides is appropriate for your situation. We strongly recommend you follow these dietary guidelines to the best of your ability. Your experience with this nutritional protocol will be as important as any lab findings in guiding the next steps in your care plan.

Once lab results and completed Case Review paperwork are received, you will move on to Step4, the Report of Findings Consultation. This typically occurs between 45 and 60 days after the Preliminary Interview, to allow adequate time for us to receive all forms and test results. While waiting for this appointment, you will be implementing the dietary guidelines and making progress.

Step Five: Report of Findings Consultation

This Consultation is a 60-minute appointment (In person/Phone/Video). Prior to your consultation, your clinician will review your test results, Intake forms, and relevant lab work. From this information, you will receive a Report of Findings, which is broken into two parts:

- A summary of the underlying patterns that are contributing to your symptoms
- An outline of the suggested wellness plan, including dietary, supplement, and lifestyle recommendations

During the consultation, your clinician will discuss each component of the Report of Findings, including details of your specific wellness plan, and address any questions or concerns you may have about the findings or wellness plan. Once the Case Review process is complete, you will transition to Sankofa's Tree of Life Health Assurance Program and continue to implement your wellness plan with your Integrative Wellness Specialist.