



# essential

HEALTH

## Raleigh

SERVICE MENU

### **Essential Primary Care**

Our primary care program is the perfect blend of functional and conventional medicine and ensures that you receive the highest level of care possible to achieve whole-body optimization.

### **Functional Medical Consultations**

Medical consultations with our functionally trained providers are beneficial if you need a deeper dive into specific medical concerns (such as gut health, thyroid, inflammation, etc.) but want to maintain your current primary care provider.

### **Essential Wellness Consultations (\$600)**

Bundle our extensive wellness lab panel with a 90-minute consultation, where one of our functionally trained providers will help tailor a plan toward your specific needs based on your lab results, symptoms, physical exam, and medical and family history.

### **Essential Hormone Balancing**

Treat hormone imbalances with bioidentical hormone replacement therapy (BHRT). BHRT is available in pellets, topical creams, capsules, and injections, and all of our providers are functionally trained in hormone replacement therapy.

### **Essential IV Therapy**

Our custom-made IV protocols deliver important vitamins, antioxidants, and other nutrients directly into your blood stream. Benefits include hydration, increased energy, reduced inflammation, immune support, and healthier skin.

### **Regenerative Medicine**

Help your body repair and regenerate by stimulating your own healing mechanisms using growth factors, platelet-rich plasma, certain hormones, and peptides. Exogenous sources for IV and joint injections may also be available for maximum benefit.



# essential

## HEALTH

# Raleigh

## SERVICE MENU



### Eleon Skin Care

Essential Health's curated medical-grade skin care line, Eleon, provides cleaner, and safer ingredients that are effective and provide medical-grade strength. You can be assured that each Eleon product is gluten-, paraben-, and fragrance-free.



### Lifestyle Management

We offer health and nutrition coaching, as well as dietary and lifestyle programs to help you achieve long-term success with health, wellness, and weight management goals.



### Infrared Sauna and Red Light Therapy

Our red light therapy and triple infrared sauna uses infrared light to penetrate tissue to raise the core body temperature which aids in detoxification, weight loss, pain reduction, and anti-aging.



### Sexual Wellness Consultations

Along with performing pelvic PRP, aka the "O-shot", we take a deeper dive into your health to help improve your sexual function, sensation, urinary urgency, urinary frequency, and more.



### Specialty Lab Testing

We partner with some of the top labs in the country to help provide an extensive look at hormones, cardiac health, thyroid function, food sensitivities, and overall health. Some of the specialty labs we use include ZRT, Cleveland Heart, and Vibrant America.



### Essential Aesthetics

We offer product and treatment selections designed to make you look and feel your best, including microneedling [stand alone and with platelet-rich plasma treatments (PRP)] and hair restoration with PRP.

Phone: 919.208.2314

Email: [raleighpatients@essentialhealth.health](mailto:raleighpatients@essentialhealth.health)

ESSENTIALHEALTH.HEALTH