



Back In Balance Health Center

Chiropractic • NAET • Soft Tissue
Functional Medicine

MONTROSE, CA

WHY I PRACTICE THIS WAY

My Philosophy

At Back In Balance, I believe healing happens when you feel heard, supported, and guided — not rushed or brushed off.

My role is to go the extra mile with you: to dig deeper, connect the dots, and give you a clear path forward.

Why Functional Medicine?

Functional medicine allows me to look beyond symptoms and uncover the root causes of what you're experiencing.

Instead of one size fits all, you get a personalized plan that fits your body, your story, and your goals.

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Why Structure Matters

Healing can feel overwhelming. That's why I've built a step-by-step framework:

- Discovery Call — to hear your story
- Reset Plan — to support your body while we gather data
- Lab Review — to connect results to your symptoms
- Ongoing Support — to keep you accountable and moving forward

This structure gives you clarity, and it allows me to give you thorough, thoughtful answers instead of rushed advice.

What Makes My Care Different

- I listen deeply and respect your unique journey.
 - I don't just hand you test results — I translate them into an action plan.
 - You'll never be left wondering "What's next?" — every step is mapped out.
 - I care about results that last a lifetime, not just quick fixes.
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My Promise

I can't promise a straight line or an overnight solution.
But I can promise you this:

I will walk with you step by step, bring structure to your journey,
and keep searching for answers until you feel like yourself again.

FUNCTIONAL MEDICINE

WITH DR. MARY KAISER-COLE, D.C.

Personalized • Root-Cause Focused • Transformative.

DISCOVERY CALL **\$47**



- 20-minute introduction call
- Review your top health concerns
- Determine best next steps together

Purpose: Initial connection, screening, intake.

PHASE 1: EVALUATION & RESET PLAN **\$225**



(For patients completing Discovery Call + initial lab review)

- Full review of your history, symptoms, and previous labs
- Personalized Phase 1 Reset plan (nutrition, lifestyle, supplements)
- Support while we wait for your updated test results
- 7 days of email support for clarifying questions after your consult

Purpose: Lay your foundation and provide relief while we wait for updated labs. Labs and supplements are billed separately. This fee covers my time to review, customize, and guide you step by step.

PHASE 2: LAB REVIEW & CASE PLAN **\$295**



- Comprehensive interpretation of your updated labs
- Connection of your results to your current symptoms
- Personalized Phase 2 plan with updated supplement, nutrition, and lifestyle recommendations

Purpose: Connect your lab results to your symptoms and build your personalized next-step plan.



ONGOING SUPPORT OPTIONS

4

QUICK CHECK-IN

\$85

- Review of 1–2 specific questions OR a single lab result
- Simple written summary + supplement/diet tweaks
- Includes 1 follow-up email for clarification



REVIEW VISIT

\$195

- Review of multiple labs OR guidance for moving between phases of your program
- Updated supplement/food plan provided in writing
- Includes 3 days of email support for follow-up questions



FULL CONSULT

\$295

- Comprehensive re-evaluation with full protocol update
- Multi-lab interpretation + retesting recommendations
- Written plan with detailed next steps
- Includes 7 days of email support for clarifications



VIP MONTHLY PLAN **\$197**/Month

- Ongoing support without needing to book visits
- Priority email access throughout the month for questions
- Protocol updates provided as needed
- 10% discount on supplements



Best for patients who want consistent support and accountability to stay on track.

Communication & Support Policy

- After each visit, you'll receive a summary of your plan.
- you will get email support depending on the plan you choose for clarifying questions.
- Beyond that, ongoing care is billed through the Quick Check-In, Review Visit, Full Consult or the VIP monthly plan

Why This Matters

This structure ensures you always get thorough, thoughtful answers instead of rushed emails, and it allows me to guide your care in a consistent and sustainable way.