

truebalance™
WEIGHT LOSS • HORMONE THERAPY • WELLNESS

the wellness guide

hormone therapy, weight loss, and wellness



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about us

Our comprehensive wellness programs all start with you.

Our BHRT program started in 2007 headed by Dr. Ron Brown, a board certified and practicing gynecologist. True Balance quickly developed into the largest and most well known BHRT clinic in Canada. Today, our team of physicians, nurse practitioners, and specialists have helped thousands of patients find relief from symptoms that prevent them from living the quality of life they desire.

This journey has propelled our clinic into the world of wellness and has focussed our sights intently on one mission: groundbreaking wellness programs that are custom-tailored to our patients.

Since then, our Wellness Division has grown to support programs like our Wellness Check, Testosterone Replacement Therapy (TRT), and our PCOS relief program.

We look at your wellness as a combination of habitual, genetic, and lifestyle factors which allows us to deliver programs and solutions that are tailor-made for you.

We're excited to help you find your best, balanced you.

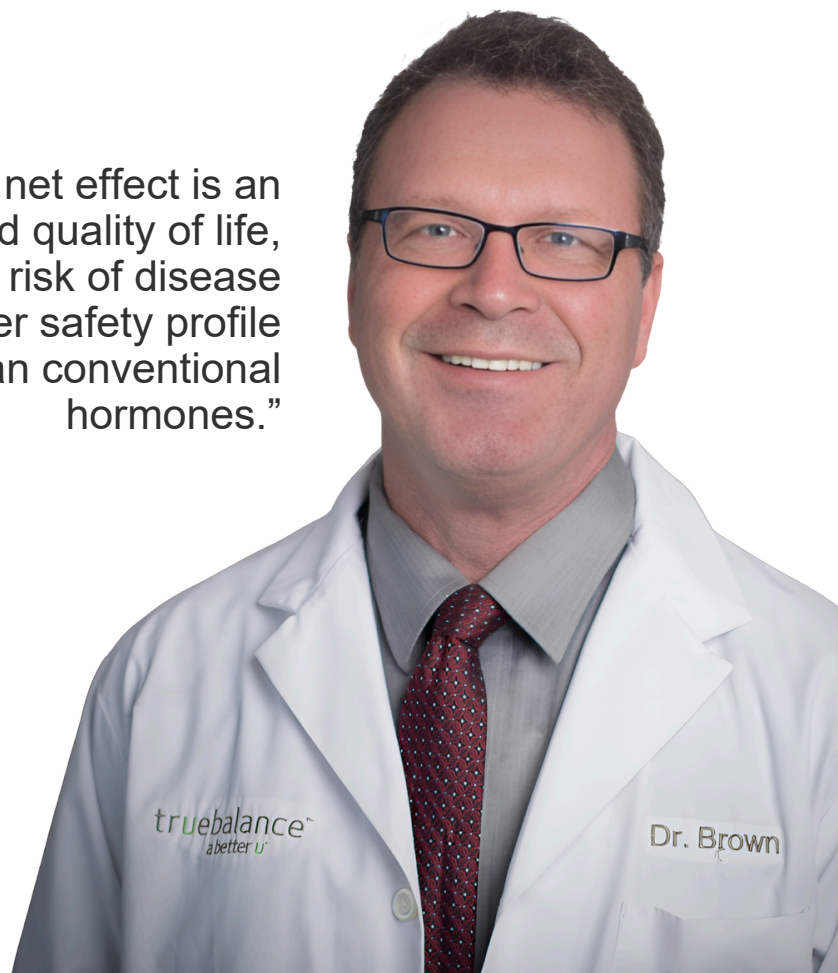
from our founder

“I have been involved in BHRT for more than 15 years and watched True Balance develop into the largest BHRT clinic in Canada. Over these years, I have become more and more convinced that BHRT forms the foundational basis of a robust health extension program. The hormones we use are Nature’s anti-inflammatories that created great health in our younger years. Most diseases that we encounter as we age are due to increased levels of inflammation. Sex hormones bind to our DNA in each of our 30 trillion cells and act directly to reduce production of inflammatory cytokines. Hormones alleviate the symptoms of hormone deficiency and imbalance as well. I believe BHRT is fundamentally safer than conventional hormones. The net effect is an improved quality of life, reduced risk of disease and a better safety profile than conventional hormones.”



Dr. Ron Brown, M.D., OB-GYN

“The net effect is an improved quality of life, reduced risk of disease and a better safety profile than conventional hormones.”



**find your
balance.**

BH RT

Bioidentical
Hormone
Replacement
Therapy



it's not you, it's your hormones

Almost every process in the human body is initiated and halted by hormones. These fascinating chemical messengers tell your body when to start and stop processes like sleep, excitement, growth, stress, and so much more. Hormones work in pairs and when they fall out of balance, problems can occur.

As you age, your body's production of hormones gradually declines, this process begins around the age of 25 for most women. For some, this natural process is not a problem, but for others, their quality of life is severely affected. The diagram below illustrates some of the most common symptoms of hormonal imbalances in women.



Bioidentical Hormone Replacement Therapy (BHRT)

Hormone replacement therapy utilizes synthetic hormones and has been used to treat menopause and andropause symptoms for a long time.

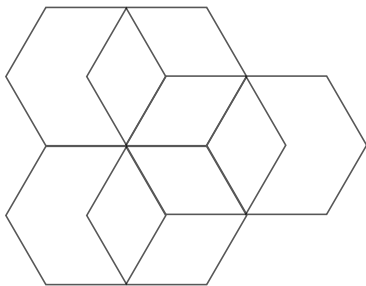
Unfortunately, synthetic hormones must be modified in order to qualify for the patenting process. These modifications are responsible for complications with continuous use.

Unlike synthetic hormones, bioidentical hormones are identical on a molecular basis to human hormones, making Bioidentical Hormone Replacement Therapy (BHRT) safer and just as effective as conventional synthetic hormones. More importantly, these hormones can be customized to address your unique biochemistry.

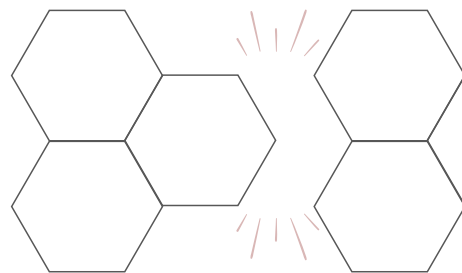
Your tailored dose is made specifically for your needs at a special compounding pharmacy. Working with our Certified Hormone Specialists, these compounding pharmacies are able to customize and change the dosage of particular hormones within your prescription.

This method provides greater flexibility for adjustments and is better tolerated than the one-size-fits-all synthetic hormones available at generic pharmacies.

Bioidentical Hormone Replacement Therapy, as well as the entire field of functional and regenerative medicine, focuses on treating the cause of symptoms and the patient as a whole and unique system.



Synthetic hormones must be modified in order to qualify for the patenting process. These modifications are responsible for complications with continuous use.



Bioidentical hormones are identical on a molecular basis to human hormones, making them safer and just as effective as conventional synthetic hormones.

how BHRT can help

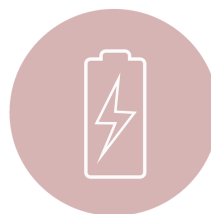
Our team of Certified Certified Hormone Specialists identify your current hormone imbalances and help you to safely and naturally bring them back into balance. We use a combination of Bioidentical Hormone Replacement Therapy (BHRT) and a holistic treatment plan that tackles several facets of wellness at once. Bioidentical Hormone Replacement Therapy uses carefully fine-tuned quantities of these body-identical hormones to rebalance a patient's natural hormones.



improved
sexual
performance



better quality
of sleep



more energy
& strength



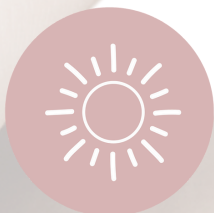
improved
well-being



relieves anxiety
and depression



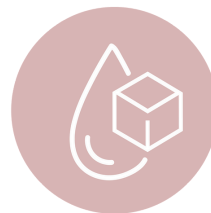
greater
libido



improved
outlook & mood



increased
focus &
concentration



improved
blood sugar
balance

BHRT treatment may include:

estrogen

Estrogen refers to all of the chemically similar hormones that play an important role in reproductive development, mainly in women. These hormones include estrone, estradiol and estriol. By applying a bioidentical form of these hormones, we can treat a variety of menopausal symptoms, such as vaginal dryness and hot flashes. These creams can also help to reduce the risk of osteoporosis and coronary artery disease while improving your overall physiological well-being.

progesterone

Used to help balance the effects of estrogen, progesterone is the happy hormone. It helps to manage PMS, deter estrogen dominant weight gain, relieve hormone-related mood swings and improve quality of sleep. Progesterone reduces uterine and breast cancer. Progesterone is prescribed in both oral and cream form, depending on what symptoms we are treating.

testosterone

Levels of testosterone, the hormone found in both men and women that is responsible for improving mood, libido, muscle mass and increasing energy levels. Testosterone naturally decreases with age and pregnancy. Restoring this hormone to proper levels can lead to a healthier sex drive increased muscle mass, higher energy levels and better mental focus and protects against osteoporosis.

dehydroepiandrosterone (DHEA)

Often referred to as DHEA, dehydroepiandrosterone is a hormone produced by your body's adrenal glands. It plays a significant role in increasing mental clarity and focus and providing adrenal support. DHEA can also help with improving bone density, assist in the improving the immune system and helps to protect against many age-related illnesses.

thyroid

The thyroid can be affected by a number of different factors such as genetics, pregnancy, autoimmune disease and age. When the thyroid is not running optimal this results in lower metabolism causing weight gain, cold hands and feet, hair loss and can cause symptoms feelings of fatigue and depression. Hormone replacement therapy can effectively counteract these symptoms.

BHRT process & pricing

new patient appointment..... \$50 (start-up fee)

A member of our New Patient Care Team will explain our program to you and provide you with blood work requisition forms and introductory materials.

blood work

Your blood work can be completed at any lab a minimum of one week before your first appointment. After blood work is completed, please call us to book your initial consultation.

initial consultation..... \$400

A Certified Hormone Specialist will consult with you to determine the best course of treatment based on your symptoms and bloodwork. After this evaluation, we will create a personalized treatment plan for you, based on your medical history, symptoms, goals, and lab results.

8 week follow up..... \$200

Approximately eight weeks after you have begun your treatment, another blood panel will be done to recheck your hormones levels.

yearly check..... \$400

Yearly checks are required to review blood work and renew any medications. Your yearly appointment is due one year after your last appointment.

All prices are subject to change without notice. Prescription prices are variable and are not included in our cost.

before your BHRT consultation



We will send you a blood requisition form after your new patient appointment. Please confirm that your name, date of birth, and healthcare number are correct on the bloodwork requisition. Print this form out and take it your local lab to have a blood panel completed. Your blood work must be completed at least one week before your consultation appointment (two weeks if outside of Alberta). Please note the following requirements must be met for accurate blood work:

- You will need to fast for 12 hours prior to the blood test (this includes prescription medications the morning of the test, tea/coffee/milk/juice/solid foods).
- Water intake is acceptable and recommended.
- Women taking birth control pill or hormones: Blood work is most accurate if you do not take hormonal birth control for one full cycle before blood work. However, if for medical or contraceptive reasons it is not possible to stop, please inform your Specialist at your appointment so they are aware. Please remember it is advised that you use other methods of contraception while you discontinue the birth control pill, as the risk of pregnancy is increased.
- Women who are taking other hormone prescriptions or transdermal creams are advised NOT to use them the morning of their bloodwork to avoid inaccuracy in the test results. Hormone prescriptions can be resumed after the blood test is done.

To avoid waiting, we suggest making an appointment at the lab for your bloodwork. After your blood work is completed, please call our Wellness Division to book your initial consultation appointment and take some time to review the BHRT materials sent to you by our team.

your initial BHRT consultation



Before your first visit, you will be asked to complete a comprehensive questionnaire which focuses on your symptoms and concerns. You will meet with a Certified Hormone Specialist and discuss the symptoms you are experiencing, and how we can help. Here are some things you should be prepared to discuss:

- Your current and past medical history.
- Recent areas of stress, your dietary patterns, and your exercise habits.
- Any supplements or medications and their dosages that you are currently on, or were on at the time of your blood work.

during your consultation

Your Certified Hormone Specialist will ask about your current lifestyle habits including stress, diet, exercise, and medication. Then, you and your specialist will review your blood work together and the results will be explained to you in depth. A prescriber will then review your chart and discuss your treatment plan with you.

We will provide you with a customized treatment plan to address your concerns, this may include:

- Bioidentical Hormone Prescriptions
- Vitamins and Supplements
- Stress reduction techniques and information on adrenal fatigue
- Targeted information on lifestyle choices and habits

You will also be provided with a second blood requisition form for follow-up blood work.

following your consultation

We will fax a six (6) month supply of your prescriptions to the nearest compounding pharmacy for you. This prescription cannot be filled by a generic pharmacy, and may take a few days to be manufactured.

You will need to book another blood work appointment for eight (8) weeks after the day you begin taking any prescriptions for follow up blood work.

your mid-year & yearly check



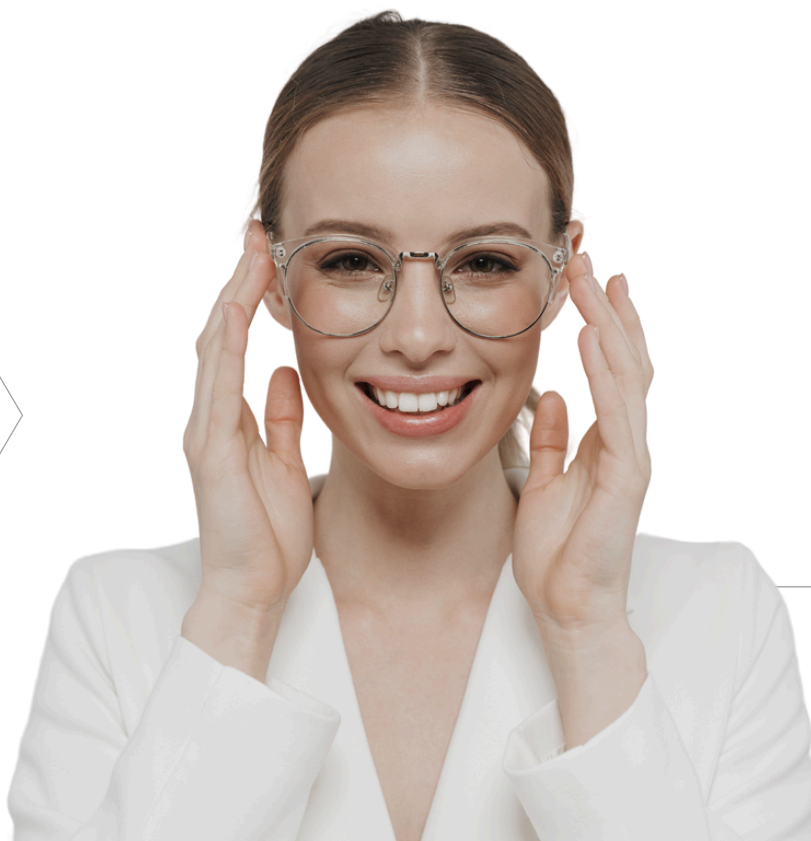
The true strength of our BHRT program comes from checking in and staying consistent. All hormone therapy, whether pharmaceutical or bioidentical, carries risks and must be monitored closely.

Your first follow-up appointment is twelve (12) weeks after your consultation. That means you must complete blood work eight (8) weeks after the start of your new treatment. You will be given detailed blood work instructions for follow-up bloodwork taken when you are taking hormones. Please read them carefully.

At the follow up visit you can expect us to:

- Review your progress on hormone treatment
- Review your most recent blood work
- Document your change in symptoms and discuss concerns
- Adjust your treatment plan as needed

Please remember to regularly visit your Family Physician for annual complete physical checkups as True Balance does not provide services for pap smear or breast exam.



TRT

Testosterone
Replacement
Therapy



it's not you, it's your hormones

Almost every process in the human body is initiated and halted by hormones. These fascinating chemical messengers tell your body when to start and stop processes like sleep, excitement, growth, stress, and so much more. Hormones work in pairs and when they fall out of balance, problems can occur.

As you age, your body's production of hormones gradually declines. In men, this process begins around 25, and can eventually lead to late-onset hypogonadism, or as it's more commonly known as, andropause or male menopause. Testosterone can also be converted to estrogen in a process called aromatization. This process occurs primarily in fat tissue and increases as men age. The diagram below illustrates some of the most common symptoms of hormonal imbalances in men.



Testosterone Replacement Therapy (TRT)

Hormone replacement therapy utilizes synthetic hormones and has been used to treat menopause and andropause symptoms for a long time.

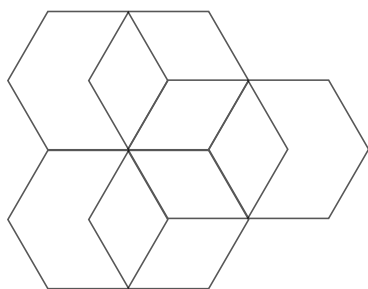
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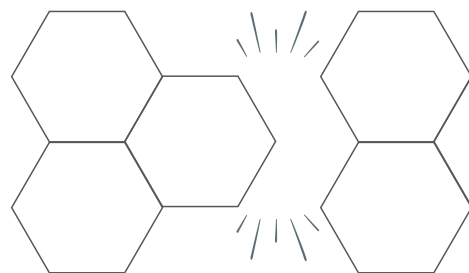
Your tailored dose is made specifically for your needs at a special compounding pharmacy. Working with our Certified Hormone Specialists, these compounding pharmacies are able to customize and change the dosage of particular hormones within your prescription.

This method provides greater flexibility for adjustments and is better tolerated than the one-size-fits-all synthetic hormones available at generic pharmacies.

Testosterone Replacement Therapy (TRT), as well as the entire field of functional and regenerative medicine, focuses on treating the cause of symptoms and the patient as a whole and unique system.



Synthetic hormones must be modified in order to qualify for the patenting process. These modifications are responsible for complications with continuous use.



Bioidentical hormones are identical on a molecular basis to human hormones, making them safer and just as effective as conventional synthetic hormones.

how TRT can help

Our team of Certified Hormone Specialists locate your current hormone imbalances and help you to safely and naturally bring them back into balance. We use a combination of bioidentical hormone replacement therapy (BHRT) and a holistic treatment plan that tackles several facets of wellness at once. Bioidentical Hormone Replacement Therapy uses carefully fine-tuned quantities of these body-identical hormones to rebalance a patient's natural hormones.



improved
sexual
performance



better quality
of sleep



more energy
& strength



improved
muscle mass



weight
loss



greater libido



improved
outlook & mood



increased
focus &
concentration



improved
blood sugar
balance

TRT treatment may include:

● **estrogen - testosterone rebalancing**

Estrogen refers to all of the chemically similar hormones that play an important role in reproductive development, both in men and in women. Testosterone can be converted to estrogen in a process called aromatization. This process occurs primarily in fat tissue and increases as men age. Our program screens for high estrogen levels, and then helps properly rebalance these levels in our patients using estrogen blockers.

● **testosterone**

Testosterone is the the main hormone in men it is responsible for improving mood, energy, libido, increasing muscle mass and aids in recovery time. Testosterone naturally decreases with age. Restoring this hormone to optimal levels can lead to a healthier sex drive increased muscle mass, higher energy levels and better mental focus and protects against cardiovascular disease.

● **fertility protection**

Supplemented testosterone presents a risk of infertility. For male patients who wish to eventually have, or continue having children, we offer supplementary hormones that are fertility protective.



TRT process & pricing

new patient appointment..... \$50 (start-up fee)

A member of our New Patient Care Team will explain our program to you and provide you with blood work requisition forms and introductory materials.

blood work

Your blood work can be completed at any lab a minimum of one week before your first appointment. After blood work is completed, please call us to book your initial consultation.

initial consultation..... \$400

A Certified Hormone specialist will consult with you to determine the best course of treatment based on your symptoms and bloodwork. After this evaluation, we will create a personalized treatment plan for you based on your medical history, symptoms, goals, and lab results.

8 week follow up..... \$200

Approximately eight weeks after you have begun your treatment, another blood panel will be done to recheck your hormones levels.

yearly check..... \$400

Yearly checks are required to review blood work and renew any medications. Your yearly appointment is due one year after your last appointment.

All prices are subject to change without notice. Prescription prices are variable and are not included in our cost.

before your TRT consultation



We will send you a blood requisition form after your new patient appointment. Please confirm that your name, date of birth, and healthcare number are correct on the bloodwork requisition. Print this form out and take it your local lab to have a blood panel completed. Your blood work must be completed at least one week before your consultation appointment (two weeks if outside of Alberta). Please note the following requirements must be met for accurate blood work:

- You will need to fast for 12 hours prior to the blood test (this includes prescription medications the morning of the test, tea/coffee/milk/juice/solid foods).
- Water intake is acceptable and recommended.
- If you are currently on TRT, blood work will need to be drawn exactly four (4) days after the day you've taken your testosterone injection and estrogen blocker for accurate blood work results. For example, if you take your hormones on a Monday, blood work must be completed on Friday morning.

To avoid waiting, we suggest making an appointment at the lab for your bloodwork. After your blood work is completed, please call our Wellness Division to book your initial consultation appointment.



your initial TRT consultation



Before your first visit, you will be asked to complete a comprehensive questionnaire which focuses on your symptoms and concerns. You will meet with a Certified Hormone Specialist and discuss the symptoms you are experiencing, and how we can help. Here are some things you should be prepared to discuss:

- Your current and past medical history.
- Recent areas of stress, your dietary patterns, and your exercise habits.
- Any supplements or medications and their dosages that you are currently on, or were on at the time of your blood work.

during your consultation

Your Certified Hormone Specialist will ask about your current lifestyle habits including stress, diet, exercise, and medication. Then, you and your specialist will review your blood work together and the results will be explained to you in depth. A prescriber will then review your chart and discuss your treatment plan with you.

We will provide you with a customized treatment plan to address your concerns, this may include:

- Bioidentical Hormone Prescriptions
- Vitamins and Supplements
- Stress reduction techniques and information on adrenal fatigue
- Targeted information on lifestyle choices and habits

You will also be provided with a second blood requisition form for follow-up blood work.

following your consultation

We will fax a six (6) month supply of your prescriptions to the nearest compounding pharmacy for you. This prescription cannot be filled by a generic pharmacy, and may take a few days to be manufactured.

You will need to book another blood work appointment for eight (8) weeks after the day you begin taking any prescriptions for follow up blood work.

your mid-year & yearly check



The true strength of our BHRT program comes from checking in and staying consistent. All hormone therapy, whether pharmaceutical or bioidentical, carries risks and must be monitored closely.

Your first follow-up appointment is twelve (12) weeks after your consultation. That means you must complete blood work eight (8) weeks after the start of your new treatment. You will be given detailed blood work instructions for follow-up bloodwork taken when you are taking hormones. Please read them carefully!

At the follow up visit you can expect us to:

- Review your progress on hormone treatment
- Review your most recent blood work
- Document your change in symptoms and discuss concerns
- Adjust your treatment plan as needed

Please remember to regularly visit your Family Physician for annual complete physical checkups as True Balance does not provide services for prostate exam (digital rectal exam).



PCOS

polycystic ovary syndrome program



polycystic ovary syndrome

PCOS is a hormonal disorder that affects the ovaries. It's characterized by an imbalance in reproductive hormones, particularly elevated levels of androgens (male hormones) in women. These elevated androgens can disrupt the menstrual cycle and lead to symptoms such as irregular periods, ovarian cysts, acne, excessive hair growth (hirsutism), and weight gain.

The exact cause of PCOS is not clear but most evidence points to abnormalities around insulin function. Many women with PCOS have insulin resistance. This means the body can't use insulin well. Insulin levels build up in the body and may cause higher androgen levels and weight gain. Obesity can also increase insulin levels and make PCOS symptoms worse. The diagram below illustrates some of the most common symptoms of PCOS.



who can benefit from our PCOS program?

While PCOS can be challenging to manage, with proper medical care and lifestyle adjustments, many women can effectively manage their symptoms and lead healthy, fulfilling lives. Our holistic treatment plans work to target several areas of wellness at once to alleviate PCOS symptoms and help you feel balanced again. People with some or all of the following characteristics may benefit from our program:



PCOS
diagnosis



suspected
PCOS



fertility
issues



irregular
cycles



weight
gain



acne or
oily skin



high
cholesterol



insulin
resistance

treatments include

◆ hair removal

Our partnered medical-aesthetics spa can assist clients suffering from excess hair growth, please speak to your specialist about connecting you for a consultation with one of our skincare experts. Our partners offer both laser hair removal services for permanent results and waxing services for temporary hair removal.

◆ food sensitivity panels

Most people have a food sensitivity and are unaware of it because the symptoms are delayed for hours or even days. Food sensitivities can cause inflammation in the body. Specifically regarding PCOS, avoiding foods that may cause inflammation or insulin dysregulation is crucial for best results.

◆ personalized diet and coaching

We offer programs of various durations with certified nutritionists. Our personalized diet plans are rooted in holism, meaning we focus on a wide range of issues like gut health, adrenal fatigue and food sensitivity testing in tandem with programs. Our programs can be tailored to target and relieve food-driven PCOS symptoms.

◆ Wellness Check

Stress can negatively impact hormone levels, increase inflammation in the body, and worsen existing PCOS symptoms like mood changes and fatigue. Our Wellness Check gives our practitioners more insight into your stress levels, hormone imbalances, and potential sources of your current symptoms.

◆ supplements and medications

Supplements, medications, and hormonal support can be recommended based on your blood work results, current symptoms, and future wellness goals. Our wellness team can support your overall health and curb PCOS symptoms by correcting imbalances using these medications, supplements, and hormonal support.

◆ gut health support

Gut health is a key factor in the treatment of Polycystic Ovarian Syndrome due to its contributions to inflammation in the body. Our wellness team can help determine your current gut health, and implement methods to restore and maintain good gut health.

PCOS process & pricing

new patient appointment..... \$50 (start-up fee)

A member of our New Patient Care Team will explain our program to you and provide you with blood work requisition forms and introductory materials.

blood work

Your blood work can be completed at any lab a minimum of one week before your first appointment. After blood work is completed, please call us to book your initial consultation.

food sensitivity testing \$299 - \$429

We recommend that patients complete an enhanced level, at-home food sensitivity panel for best results with our PCOS program, though it is not required it does come highly recommended. Price reflects a range.

pcos program \$1000

Our PCOS program is structured as a series of phases that allows our medical professionals to comprehensively address and then closely monitor the progress of your PCOS symptoms. This price includes coverage of one year of in-house appointments, as well as any virtual appointments we may use to monitor your progress.

yearly check \$400

A year after you have begun your treatment, you will be required to come back to monitor your progress and review follow up blood work results.

All prices are subject to change without notice. Prescription and supplement prices are variable and are not included in our cost.



weight loss

medical assistance,
nutrition, and
coaching



your best, balanced body

Weight loss has to be customized to see results. Just like any other facet of your health, several competing factors can contribute to how you gain weight and how you lose it.

Our professionals help patients create a realistic plan that meets them where they're at to achieve optimal and maintainable results. Our team of physicians and Certified Nutritional Practitioners understand that weight loss is a journey that requires empathy, persistence, and occasionally medical intervention to help patients meet their weight goals.

At True Balance we have designed a weight loss program that includes a number of options to fit your weight loss goals. Each person is biochemically distinct and has unique nutritional needs. With a personalized plan and support throughout the process, we believe we can make a significant difference in your weight loss journey.



weight loss program options

medication programs



Speak to your practitioner about our options for medical weight loss. We may be able to recommend prescriptions like Saxenda or Wegovy to aid with weight loss.

Not all clients are suitable candidates for medical weight loss.

Human Chorionic Gonadotropin (hCG)



The hCG Protocol is a diet program that works by using a hormone (Human Chorionic Gonadotropin) coupled with a very low calorie diet to release approximately 1500–4000 calories a day in to your system.

personalized diets and coaching



We offer programs of various durations with Certified Nutritional Practitioners. Our personalized diet plans are rooted in holism, meaning we focus on a wide range of issues like gut health, adrenal fatigue and food sensitivity testing.

food sensitivity panels



Most people have a food sensitivity and are unaware of it because the symptoms are delayed hours or even days. If you struggle with losing weight regardless of well-balanced eating and an exercise routine, it may be worth considering looking into food sensitivities. At an additional cost, one of our Certified Nutritional Practitioners will review your results and help you adjust your current nutrition habits to better support the results of your panel. This program is available for all ages.

customized meal plans



Meal planning can be difficult. Our Certified Nutritional Practitioners have no shortage of recipes that balance your nutritional needs, satisfy your hunger, and prevent you from being locked into the same meal every night just to meet your weight loss goals. Your meal plans do not have to be boring or restrictive to be effective.

programs & pricing

Weight loss programs are custom-tailored to our clients individual needs, for this reason the prices listed reflect the starting costs of each treatment. For more specific pricing please book an appointment with our New Patient Care Team.

- hCG medical weight loss \$850
Program pricing varies based on program duration.
Pricing reflects a starting rate.
- medication program \$450
Program pricing reflects the cost of nutritional coaching.
Please be advised the medications for this program are between \$260-500 / month additionally.
- personalized diet & coaching \$250
Program pricing varies based on program duration.
Pricing reflects a starting rate.
- food sensitivity panels \$299 - 429
Program pricing varies based on panel size.
Pricing reflects a range.
- food sensitivity panel review \$100
Pricing may vary based on breadth of review.
Pricing reflects a starting rate.
- food sensitivity in-clinic blood draw \$50
Pricing may vary based on breadth of review.
Pricing reflects a starting rate.
- customized meal plans \$75
Program pricing varies based on program duration and client needs, price reflects the starting rate for these plans. Your first week is complimentary with the purchase of any weight loss program.

All prices are subject to change without notice.

vitamin IV therapy

hydrate,
refresh,
and recover



vitamin IV therapy

IV vitamin therapy is the easiest and most convenient way to get the important vitamins and minerals your body needs to function optimally.

Intravenous administration bypasses the digestive system, which enables maximum absorption of the vitamins, minerals, antioxidants, and fluids contained in our IV cocktails. With IV therapy, these resources are infused directly into the bloodstream and begin working immediately in important cellular processes.

immunity



Supplementing immunity-boosting vitamins in your system will help support your immunity response.

relaxation



Take an hour to unwind and relax in our cozy and stress free environment.

hydration



Hydration helps support organ function and may relieve headaches and joint pain.

Vitamin IV Therapy allows us to help patients address concerns of vitamin deficiencies, or to support otherwise healthy patients who are looking for a boost of energy and an overall feeling of wellness.

Vitamin IV Therapy has many benefits, but we find most patients enjoy the extra hydration and energy they receive from the treatment. IV therapy can help with headaches, joint and muscle pain, and recovery from sports, stress, or illness. We also offer vitamin mixes that can help improve skin texture, aid with weight loss, or prevent the signs of aging.



vitamin IV therapy to **recover**



sports recovery

Formulated to help athletes recover. Includes many powerful amino acids such as L-Taurine and N-Acetylcysteine.

Supports the formation of red blood cells, the regulation of muscle contractions, the body's natural detoxifying processes, and the restoration of electrolytes.

hangover heaven

Formulated with the amino acids, vitamins, minerals, and antioxidants. Hangover Heaven rehydrates, restores, revives, and helps you recover quickly.

The Hangover IV also contains anti-nausea medications to help soothe upset stomachs.

headache rescue

Are you suffering from acute or chronic headaches?

Headache Rescue is formulated with medications to provide headache and migraine relief in addition to hydration, vitamins, and amino acids that help prevent future headaches.

immune balance

Selenium, Zinc, and other immune boosting vitamins help strengthen the immune system, reducing the number and duration of infections.

Antioxidant protection keeps you safe from environmental stressors and supports your overall health and vitality.

anti-inflammation & immune support

Hydration is the key in helping to relieve joint pain and sore muscles.

A combination of vitamins, antioxidants, and an extra push of glutathione helps those that have chronic pain. Reduces inflammation and aches, and boosts your immune system.



vitamin IV therapy to **refresh**



true hydration

Feeling jet-lagged or struggling to stay hydrated?

True Hydration is infused with antioxidants and vitamins to restore, revive, and maximize your hydration level. This IV will leave you feeling replenished and rejuvenated.

true energy

Full of vitamins and zinc to increase energy levels, mental clarity, and focus.

True Energy enhances immune function, improves stress resilience, and supports overall well being refreshing and recharging your body to handle anything that comes your way.

true myers' cocktail

The Myers' cocktail is a well-known IV recipe that is commonly used in naturopathic medicine.

This IV is rich in vitamins, minerals, and antioxidants that will improve mental clarity, boost hydration, and support overall wellbeing.

true calm

This IV contains Magnesium to help reduce stress, and L-Taurine to improve cardiovascular health and support the nervous system.

The perfect mix to reduce stress and anxiety, while supporting mental calmness, and better quality sleep.

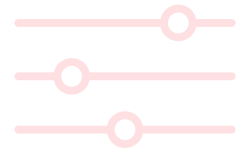
hormone harmony

Formulated for both men and women! Full of vitamins, minerals and antioxidants that help balance hormones.

For men this IV can improve sperm count and sperm motility. The Hormone Harmony IV can alleviate PMS symptoms as well as increasing ovulation health and fertility for women.



vitamin IV therapy to **refine**



slim & trim



Full of B vitamins to boost metabolism and amino acids and lipotropics that aid in weight loss.

Combined with proper diet and exercise, this cocktail will help you on your weight loss journey. We recommend pairing with the Simply Slim Booster package.

time to detox



ALA and glutathione enhance the detoxification and elimination of toxins from the body.

Time to Detox supports liver function, protects against oxidative damage, reduces inflammation, and promotes cellular repair.

skin rejuvenation



Looking to turn back time or wanting to boost healing time after skin treatments? Biotin and vitamin enriched, this cocktail helps improve skin tone and texture while reducing signs of aging, including wrinkles and fine lines.

This IV helps to enhance skin hydration and elasticity, supports the skin's healing and repair process.

antioxidant glow



This cocktail is designed to support and restore your skin's elasticity, fight hyperpigmentation and free radicals, and boost immunity with nature's most powerful antioxidant: glutathione.

Achieve a truly radiant glow inside and out with the perfect combo of vitamins and hydration.

anti-aging series (NAD)

Nicotinamide Adenine Dinucleotide (NAD) enzyme is a form of vitamin B3. It is essential for mitochondrial function and the production of ATP (Adenosine Triphosphate).

As we age, mitochondrial function decreases and we can develop age related diseases. Administering NAD can help improve cell repair, support detox, improve mental clarity, slow the aging process, and increase the metabolism.

Please note, the anti-aging series (NAD 1, 2, & 3) must be done slowly in three separate sessions.

vitalux

Vitalux is designed to support and prolong the effects of Botox/Dysport and dermal filler treatments.

Additionally, this mix promotes collagen, aids in the repair of skin tissue post treatment, improve skin hydration and smoothness, and boosts immune function.



iv cocktail add-ons



glutathione

A powerful antioxidant naturally made in the body that plays a key role in detoxification, immune support, and cellular repair. When added to IV therapy, it delivers a concentrated boost directly into the bloodstream, enhancing its effectiveness.

Glutathione neutralizes harmful free radicals, reduces inflammation, brightens skin, and supports liver function—making it a popular choice for those seeking a glow from the inside out and a stronger defense against oxidative stress.

alpha lipoic acid

Often called the “universal antioxidant” for good reason—it’s both water- and fat-soluble, meaning it works throughout every cell in your body to fight inflammation and oxidative stress.

It helps boost energy at a cellular level, supports liver detoxification, improves insulin sensitivity, and enhances skin radiance from the inside out.

Patients also often turn to ALA for its anti-aging benefits, improved mental clarity, and support for nerve and metabolic health.

vitamin c

Vitamin C is a vital antioxidant that supports immune function, collagen production, and cellular repair. When delivered through IV therapy, it bypasses the digestive system for maximum absorption, offering more potent benefits.

High-dose IV vitamin C can help fight fatigue, improve skin brightness, speed up healing, and protect against oxidative stress—making it a powerful addition to wellness and beauty routines.

brain tap

BrainTap uses light and sound therapy to guide your brain into deep states of relaxation, focus, and clarity—ideal for those looking to reduce stress, improve sleep, and enhance mental performance.

BrainTap can help rebalance your nervous system, quiet racing thoughts, and boost mood by promoting alpha and theta brainwave activity. When paired with IV therapy, it creates a powerful mind-body experience that leaves you feeling refreshed, recharged, and mentally sharp.



vitamin boosters

Vitamin boosters are placed subcutaneously below the skin, or injected into the muscle to deliver a high concentration of vitamins directly into the bloodstream.

This method ensures maximum absorption and efficacy, bypassing the digestive system, where some nutrients might be lost or poorly absorbed. These vitamin injections are quick, effective, and can work in tandem with our vitamin IV cocktails.

energy shot

A powerful dose of B12 to support energy systems in the body. Increases energy, improves metabolism, supports mood, and improves cognitive function.

b-booster

A full vitamin B complex. Increases energy and metabolism, supports mood, improves cognitive function, supports the nervous system, and helps to lower homocysteine.

sunshine shot

A vitamin D shot to improve immunity, bone health, and anxiety and depression. Supports cognitive health, and decreases inflammation.

simply slim

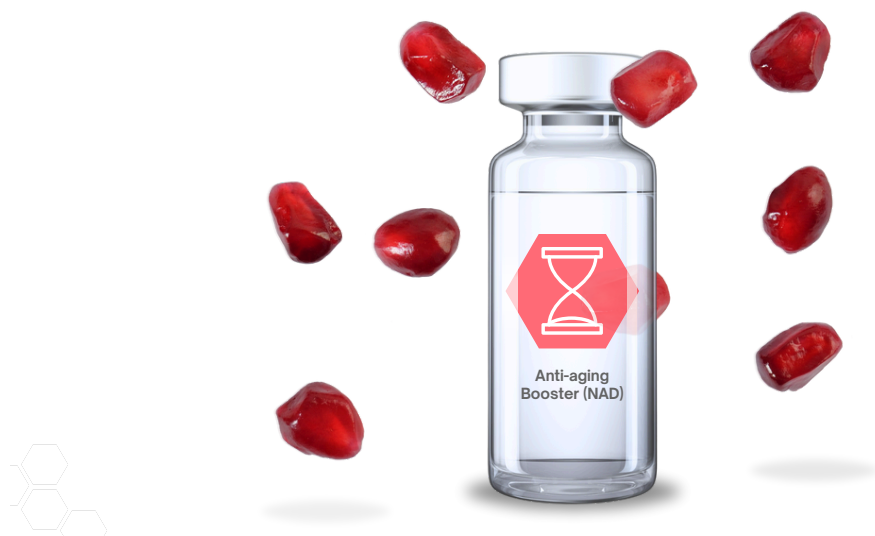
Methionine Inositol Choline (MIC) injections regulate blood sugar levels, help the body use fat for energy, assist with liver processes, and eliminate fat.

anti-aging booster

Nicotinamide Adenine Dinucleotide (NAD) enzyme, a form of vitamin B3. Improves energy and mood, decreases inflammation.

biotin boost

Biotin, also known as vitamin B7, supports many parts of your body, including hair, skin, and nail health.



**Product images shown are for illustration purposes only and may not be an exact representation of the product.*

vitamin IV packages

Simply Slim

Take control of your weight loss journey with our new self-administered weekly injection program - conveniently done at home over an 8-week period. Methionine Inositol Choline (MIC) injections regulate blood sugar levels, help the body use fat for energy, assist with liver processes, and eliminate fat.

This program can seamlessly integrate with any of our nutrition programs or IV therapies, providing additional support and enhancing your results.

*Program Length: 8 Weeks
At Home Program*

Package includes:

- 8 Methionine Inositol Choline (MIC) injections (At Home)

This package includes self-administered injections performed in the comfort of your home.

One shot is administered every week for a total of 8 weeks.

Complimentary nutrition consultations are available upon request if you are unsure which program is a fit for you.

Skin Enhancing

Transform your skin with our 8-week program. Perfect for enhancing healing time after skin resurfacing laser or chemical treatments, resulting in glowing and rejuvenated skin. Whether you have special occasions coming up or simply want to improve your skin's overall health, this package is tailored just for you.

Experience the revitalizing effects as it prepares your skin to radiate its best. Don't miss out on this opportunity to achieve effortlessly glowing and healthy skin.


*Program Length: 8 Weeks
In-Clinic Program*

Package includes:

- 4 Antioxidant glow IVs (In-Clinic)
- 3 Skin Rejuvenation IVs (In-Clinic)
- 4 Biotin Boosters (In-Clinic)
- 1 Sunshine Shot (In-Clinic)

This package utilizes our IV vitamin therapy which is performed exclusively in clinic.

One IV is administered every week for a total of 8 weeks.

Complimentary nutrition consultations are available upon request if you are unsure which program is a fit for you.

vitamin IV packages

Time to Detox Challenge

Embark on a transformative 7-week challenge to detoxify your body and life! Our IV therapy is specifically designed to enhance detoxification, support liver function, and protect against oxidative damage. Experience reduced inflammation, cellular repair, and a rejuvenated body and mind.

Combined with a 35-day detox program with a Certified Nutritional Practitioner, this package offers diet plans that eliminate detoxifying foods and alcohol. We provide grocery lists, recipes, and light workout suggestions. Additionally, we offer weekly guidance with questionnaire check-ins to adjust meals and stay on track.

*Program Length: 7 Weeks
In-Clinic Program + At Home Boosters*

Package includes:

- 4 Time to Detox IVs (In-Clinic)
- 3 Slim & Trim IVs (In-Clinic)
- 4 Simply Slim Boosters (At Home)
- 4 NAD Boosters (In-Clinic)

This package utilizes our IV vitamin therapy as well as at home vitamin boosters.

One IV is administered every week for a total of 7 weeks.

Complimentary nutrition consultations are available upon request if you are unsure which program is a fit for you.



vitamin IV therapy pricing

nutrition consultation complimentary

If you're unsure which vitamin therapy is right for you, we offer complimentary consultations with our Certified Nutritional Practitioners to assess your options.

appointment deposit \$50

A deposit is required to book all of our IV appointments due to the highly individualized nature of treatment. This deposit will go towards the total cost of your appointment.

IV vitamin therapy \$150 - \$335

IV costs are dependant on the cocktail type and may also vary depending on vitamin and mineral add-ons. Please note the anti aging series (NAD) requires three separate bags, and is priced per bag. For more detailed pricing or any questions, please contact us directly.

vitamin boosters \$36 - \$60

Pricing reflects varying costs dependant on booster type. For more detailed pricing or any questions, please contact us directly.

phlebotomy \$150

Pricing reflects the cost of a single phlebotomy procedure. For more detailed pricing or any questions, please contact us directly.

All prices are subject to change without notice. Prescription and supplement prices are variable and are not included in our cost. Add-ons are not included in these prices.

vitamin therapy package pricing

simply slim \$250

If you're unsure which vitamin therapy package is right for you, we offer complimentary consultations with our Certified Nutritional Practitioners to assess your options.

skin enhancing \$1,400

If you're unsure which vitamin therapy package is right for you, we offer complimentary consultations with our Certified Nutritional Practitioners to assess your options.

time to detox challenge \$1,750

If you're unsure which vitamin therapy package is right for you, we offer complimentary consultations with our Certified Nutritional Practitioners to assess your options.

vitamin therapy IV add-ons pricing

Glutathione \$50

Vitamin C \$50

Alpha Lipoic Acid (ALA) \$50

BrainTap \$10

Add a BrainTap meditation session to any of your vitamin IV therapy sessions.

additional vitamins \$10/mL

Please speak to our team to discuss additional vitamin options and pricing.

All prices are subject to change without notice. Prescription and supplement prices are variable and are not included in our cost.

Iron Infusion

reclaim your energy,
one infusion at a time



Iron Infusion

Iron Infusion

Our Iron Infusion IV Therapy offers a fast, effective way to replenish iron levels and restore energy.

Delivered directly into the bloodstream, this medical treatment helps improve fatigue, shortness of breath, and low iron symptoms when oral supplements aren't enough. Administered by licensed professionals in a comfortable clinical setting, our Monoferic IV iron infusion is ideal for those with chronic iron deficiency, gastrointestinal issues, or absorption disorders.

Reasons for Low Iron Levels

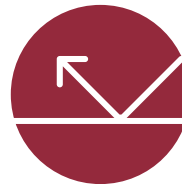
- **Blood Loss:** Heavy menstrual bleeding, bleeding during childbirth, chronic gastrointestinal bleeding, injuries, surgery, and hookworm infection.
- **Pregnancy:** Pregnancy increases iron requirements by 5-6 times.
- **Decreased Iron Absorption:** Conditions like celiac disease, autoimmune gastritis, medications (NSAIDs, proton pump inhibitors, calcium supplements), and coffee/tea consumption.
- **Other Causes:** Insufficient dietary intake, vegetarian diets, regular blood donation.



blood loss



pregnancy



absorption issues



diet, intake, etc.

Symptoms of Low Iron

- Fatigue or low energy
- Weakness
- Pale skin
- Dizziness or lightheadedness
- Shortness of breath
- Headaches
- Sore or swollen tongue
- Difficulty concentrating
- Brain fog
- Irritability
- Low mood or depression-like symptoms
- Rapid or irregular heartbeat (palpitations)
- Brittle nails, hair thinning, or hair loss
- Cold hands and feet



Iron Infusion pricing

consultation \$75

Your consultation fee will be paid at the time of booking.
Clients already undergoing treatment with us in any of our programs are exempt from paying this fee.

administrative fee..... \$150

An administrative fee covers the administration of your IV iron.

Iron perscription..... \$241 - 483

Iron prescription costs are dependant on the amount of iron recommended for your infusion.

All prices are subject to change without notice. Prescription and supplement prices are variable and are not included in our cost. Add-ons are not included in these prices.

vaginal health

say goodbye to
vaginal fatigue



vaginal health

The shyness surrounding vaginal health often leaves patients struggling with symptoms they're too embarrassed to talk about.

Let's talk openly about feminine health. As women age, give birth, gain weight, or experience hormonal changes, their vaginal health changes. For some women, this change isn't an issue. For others, their quality of life is interrupted by unwanted symptoms of vaginal fatigue. Dr. Ron Brown defines vaginal fatigue as any disorder of function in the bladder or vagina.

This can include unwanted bladder leakage, bladder urgency, vaginal dryness, vaginal looseness, vaginal relaxation, and genitourinary syndrome of menopause (vaginal dysfunction related to menopause or hormone fluctuations).

Many women suffer from vaginal fatigue and treating it is one of our specialties. There are now a variety of non-invasive treatments that can help you feel more comfortable with your vaginal wellness.



treatment options



BTL emsella chair

The BTL Emsella, is a revolutionary treatment for urinary incontinence that is pain free, with absolutely no downtime needed. Modelled after a chair, this treatment allows patients to remain fully clothed and sitting comfortably while Emsella depolarizes motor neurons to create 11,800 kegel-like contractions per 28 minute treatment.



monalisa touch

The MonaLisa Touch was designed to treat the painful symptoms that affect postmenopausal woman and restore normal vaginal lubrication. MonaLisa Touch works by stimulating collagen production in the vaginal wall with the use of a fractional CO2 laser. The laser used is gentle but effective.



fotona incontilase

Fotona Incontilase is an FDA approved, non-ablative laser treatment that utilizes photo-thermal energy to stimulate collagen production to treat stress urinary incontinence. Fotona works by stimulating collagen production in both the vaginal walls and the urethra.



fotona intimalase

Fotona Intimalase is an FDA approved, non-ablative laser that utilizes non-surgical photothermal tightening of the vaginal canal to restore its optimal structure. Fotona works by stimulating collagen production in both the vaginal walls and the urethra.



tempsure vitalia

TempSure Vitalia is a non-invasive, non-hormonal, and chemical-free treatment. The Vitalia uses therapeutic heat to temporarily increase local circulation and decrease pain and muscle spasms. The procedure is delivered using a probe specifically designed for your most sensitive areas. TempSure Vitalia can help to reduce symptoms of urinary incontinence, vaginal dryness or irritation, decreased sexual pleasure, and vaginal laxity.



Spruce Grove



Sherwood Park

programs & pricing

Due to differences in client needs, goals, and current concerns, vaginal rejuvenation treatments must be custom-tailored to each client.

For this reason, the prices listed reflect the starting costs for each treatment. Connect with us to speak about package offers and savings on treatments.

BTL emsella chair \$300

Program pricing varies based on client needs.

Pricing reflects a starting rate.

monalisa touch \$850

Program pricing varies based on client needs.

Pricing reflects a starting rate.

fotona incontilase \$1500

Program pricing varies based on client needs.

Pricing reflects a starting rate.

fotona intimalase \$1000

Program pricing varies based on client needs.

Pricing reflects a starting rate.

tempsure vitalia \$850

Program pricing varies based on client needs.

Pricing reflects a starting rate.

All prices are subject to change without notice.

Wellness Check: neuralchek + BrainTap



we can't stress this enough

Your nervous system is a network of neurons that transmit signals between your brain and the rest of your body. The nervous system is best known for helping you push through and recover from stressful events by engaging a series of processes within your body to help it respond appropriately to stressors.

However, under prolonged stress, your nervous system can become stuck, leaving your nervous system imbalanced, your brain in a low-frequency state, and your body suffering from a host of uncomfortable symptoms.

Our Wellness Check gives you the answers to why your wellness may be suffering. More importantly, it allows us to both accurately pinpoint potential sources of your symptoms and begin rebalancing your nervous system. This gives us the power to create a detailed wellness program that can move you towards real healing.

Once your scan is complete, a member of our Wellness Division can provide program recommendations and wellness guidance to get you started on living your best, balanced life.



the nervous system, stress, and the body

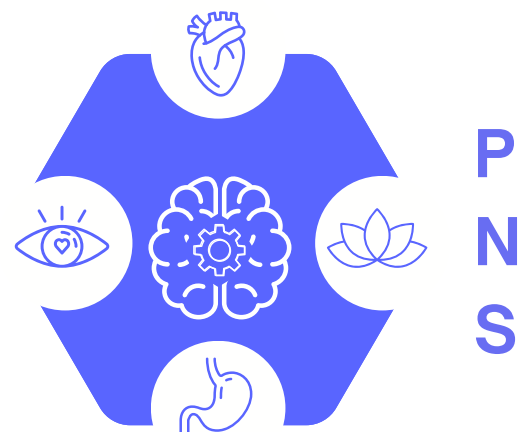
Your nervous system is a network of neurons that transmit signals between your brain and the rest of your body. The nervous system is best known for helping you push through and recover from stressful events by engaging a series of processes within your body to help it respond appropriately to stressors.

Prolonged stress can have a significant impact on health including sleep disturbances, mental health disruptions, hormonal imbalances, immune system suppression, and digestive issues just to name a few. This presents the risk for more serious health problems such as cancer, depression, and diabetes long-term.

the parasympathetic nervous system

Your parasympathetic nervous system (PNS) is one of two components of your nervous system that responds to stress.

The PNS brings your body down from periods of stress or danger. It also helps run processes like digestion during times when you feel safe and relaxed. The informal description of this system is called “rest and digest” or “feed and breed.”



the sympathetic nervous system

Your sympathetic nervous system (SNS) is the second network of nerves that helps your body respond to stress.

The SNS is the system responsible for activating the body’s “fight-or-flight” response. This system’s activity increases when you’re stressed, in danger, or physically active. It increases your heart rate and breathing ability, improves your eyesight and slows down processes like digestion to conserve energy.



unbalanced nervous systems

Hypoarousal: the under-aroused nervous system

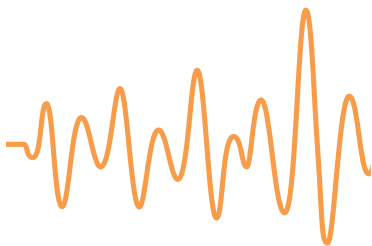
An under-aroused nervous system, also known as hypoarousal, is neither stuck in fight or flight, but freeze. In this state, our PNS is activated easily and frequently to protect us from excess stress.



- poor attention span
- depression
- difficulty waking up
- impulsivity
- lacking motivation
- overthinking
- easily distracted
- spacy
- low energy
- disorganized
- constipated
- chronic pain

Hyperarousal: the over-aroused nervous system

An over-aroused nervous system, also known as hyperarousal, is stuck in the fight or flight mode. In this state, our SNS is activated easily and frequently to respond to excess stress.



- poor circulation
- heart palpitations
- tight or sore muscles
- restless sleep
- teeth grinding
- poor immune system
- anxiety
- racing mind
- irritable bowel
- high blood pressure
- accelerated aging
- explosive emotions

The unstable nervous system

An unstable nervous system may be a sign your system is nearing exhaustion due to being over or under aroused for prolonged periods of time.



- food sensitivities
- bed wetting
- disordered eating
- disordered mood
- panic attacks
- migraines
- hot flashes
- headaches
- seizures
- sleepwalking

The exhausted nervous system

After prolonged periods of high-stress, your nervous system will begin to exhaust itself. Nervous system exhaustion shows strong correlations with cancer, rheumatoid arthritis, multiple sclerosis (MS), chronic fatigue syndrome, amyotrophic lateral sclerosis (ALS), fibromyalgia, diabetes, and depression.



HRV and wellness

During our Wellness Check we use an advanced software called NeuralChek to scan for your heart rate variability (HRV). This heartbeat interval measurement tells us about your body's ability to recover from stress, while the added Fourier Transform technology delineates which part of your nervous system is currently in control.

Your HRV is analyzed and reported back to us through various channels, allowing our specialists to provide you with a material representation of your brainwave activity, your stress index, your current hormonal regulation, and your body's real biological age.



What is HRV?

Heart rate variability, also known as HRV, is a measurement of the degree to which the heart speeds up or slows down. The greater the variability, the healthier one is. The changing intervals between two heart beats gives an accurate picture of the body's ability to recover from stress. As we grow older HRV reduces naturally and will get worse with declining health and long term stress.

A low level of HRV indicates that an individual is at risk of developing a serious illness or is aging prematurely.

Decreased parasympathetic or increased sympathetic activity can also reduce HRV as well as psycho emotional stress, toxic body burdens, electromagnetic radiation, and infections.

Research shows that HRV levels can predict future ill health as well as the likelihood of sudden cardiac death. Your HRV is analyzed and reported back to us through various channels, allowing our specialists to provide you with material representations of your wellness.

tap into your wellness

Following your scan, we implement a 20-minute BrainTap session that activates full-spectrum brainwave activity.

This allows for maximum neuroplasticity, making the brain more flexible, resilient, and ready for optimal performance. Stimulation from the BrainTap also boosts brain levels of serotonin, beta-endorphins, and norepinephrine to improve nervous system regulation using six key technologies:



Light Frequencies

Light pulses train the brain to produce a healthy balance of brainwave activity, transforming the listener into a mental powerhouse with the right mindset to accomplish about any goal.



Auriculotherapy

BrainTap's improved LED Visor and headset use auriculotherapy and various frequencies to dose your eyes and ears with energy.



Beats and Tones

Embedded tones emulate relaxed brain waves, guiding the brain to an extraordinary level of focus and performance that would otherwise take years of practice to achieve.



Guided Visualization

Guided audio-sessions help you become the architect of your own life. A selection of over 2000 titles has been specifically designed for you.



10-Cycle Holographic Music

The music is designed to create a complete 360-degree experience that stimulates the mind with calming thoughts and images.

rebalancing you

Our Wellness Check allows us to comprehensively assess your overall wellness and gives our team a better idea of how to bring your health back into balance. This innovative assessment is used across the clinic in many of our programs to help practitioners customize treatment plans to each individual client.

Balancing your nervous system is just one component of wellness that can generate numerous benefits such as enhanced presence and mindfulness, feeling at ease in your day-to-day life, improvements to your mental health, a feeling of vibrancy and alertness, a boosted immune system, better physicality both mentally and physically, and more.

The Wellness Check shows an invaluable amount of information on how your PNS and SNS are functioning. The scan also has a stress index that will give you an opportunity to see something that has been invisible to you: how hard the nervous system has to work to achieve balance. This presents a huge opportunity to assess and correct many areas of health at once.

This assessment can be used in tandem with any of our other programs to help give you a broader sense of your wellness and results between successive tests are easy to visualize for comparison of improvement, so you can watch your health improve in real time.



mentally
present &
mindful



feeling
at ease



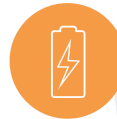
balanced
mental
health



feeling
vibrant



mentally
alert



high
energy



physically &
mentally
active



strong
immune
system



feeling of
overall
wellness

program & pricing

To discuss acquisition and pricing of the BrainTap software for personal use, please speak to a member of our medical team directly.

◦ initial neuralchek + BrainTap session \$100

Pricing reflects the cost of a 1hr session with our medical team.

wellness recheck \$85

Pricing reflects the cost of a 1hr follow-up Wellness Check with our staff.

BrainTap software upon request

TrueBalance is able to facilitate the acquisition of the BrainTap technology and session guides, please speak to a member of our team for more information.

All prices are subject to change without notice. Prescription prices are variable and are not included in our cost.



Contact us today for more information, answers to your questions, or to get started with any of our programs. For more ways to contact us, answers to your questions, and further program information please visit our website.

☎ Call: 780-570-8020

📱 Text: 780-570-8020

🌐 Website: www.truebalancewellness.ca

