

# Mark L. Vinick, D.C., C.A.S.

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## Holistic Doctor

Doctor of Chiropractic

Clinical Ayurvedic Specialist (C.A.S.)

President, California Association of Ayurvedic Medicine

Board Certified, American Academy of Pain Management

Board Certified, American Board of Anti-Aging Health Practitioners

## PROFESSIONAL SERVICES – CASH FEE SCHEDULE

The following fee schedule is a reduction of our usual and customary fees, and lists the most common services provided, which are paid by cash, check, or credit card.

### CHIROPRACTIC SERVICES

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#### Initial Visit- New Patients

Consultation: No Charge

Examination (Detailed) and Treatment \$125

(Fees for examination include the, “Report of Findings,” on the subsequent visit.)

#### Established Patient

Chiropractic Adjustment: \$55  
(Traditional or Non-Force.)

Manual Therapy Techniques: Included, if needed  
(Trigger Point Therapy, Myofascial Release, Cranial Therapy, etc.)

Electrical Stimulation Included, if needed  
(Auriculotherapy)

#### Pre-Paid Cash Discount- Chiropractic Services

Available after the first visit. Includes Therapy Techniques, if needed.

Option # 1: Twelve (12) Visits @ \$45 a Visit : \$540 (Savings of \$120)

Option # 2: Six (6) Visits @ \$50 a Visit : \$300 (Savings of \$30)

# AYURVEDIC CONSULTATIONS- HOLISTIC HEALTH MIND- BODY- SPIRIT

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**In Person Full Initial Consultation** consists of two appointments (60 minutes each):

First visit: Initial History, Detailed Interview, Ayurvedic Examination, Ayurvedic Pulse Reading, and General Recommendations for creating and maintaining optimal health.

Second visit: Report of Findings (verbal and written), including Prakruti (your specific psycho-physiological body type) and Vikruti (your current imbalance). Specific Recommendations are given to correct your imbalance and return you to your true nature.

According to Ayurveda, we are all born with a specific body type (Prakruti or Nature). Over time, due to errors in diet, lifestyle, thinking, etc., we move away from our true nature and become imbalanced (Vikruti). Gradually, these imbalances produce symptoms, and if allowed to progress, they eventually result in disease. Determining our true nature, and identifying where we are imbalanced, and what created these imbalances is what allows the Ayurvedic Practitioner to give specific recommendations to bring us back to our true balanced state of Being.

FEE: \$275 (includes both visits and is payable on the first visit).

Additional Follow up visits: \$70.

**In Person Limited Initial Consultation** consist of one 60 minute visit.

Visit: Full History, Detailed Interview, Ayurvedic Examination, Ayurvedic Pulse Reading, Verbal Report of Findings of Your Current State of Balance/Imbalance, and General and Specific Recommendations for creating and maintaining optimal health.

FEE: \$175.

**Ayurvedic Phone Consultation** consists of a Full History, Detailed Interview, and Verbal Report of Findings of Your Current State of Balance/Imbalance. General and Specific Recommendations for creating and maintaining optimal health are provided.

FEE: \$100 (30 minutes).

**\*HERBS AND SUPPLEMENTS EXTRA.**

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## AYURVEDIC MARMA THERAPY

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Marma Therapy is an ancient system of healing that involves the treatment of specific points on the body that are acknowledged to balance us physically, mentally, emotionally, and spiritually. Activation of these points using herbal and aromatic transdermal creams increases the reception, flow, and distribution of Prana (life force).

Marma Therapy is beneficial for everyone, whether in excellent health, or experiencing a physical or mental/emotional challenge. Our potential for healing is maximized when obstructions to the intelligence within the body are removed. Just as a Chiropractic adjustment can remove physical interference to the flow of energy in the nervous system, Marma Therapy can remove vibrational interference, and balance the flow of subtle life energy (prana).

Three Marma treatments are available: Facial, Abdominal, and Spinal.

Facial Marma Treatment:	\$55
Abdominal Marma Treatment:	\$55
Spinal Marma Treatment:	\$70
Facial and Abdominal Marma Treatments combined:	\$95
Facial, Abdominal, and Spinal Marma Treatments combined:	\$145

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## SHAKTI ENERGY HEALING™

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Shakti Energy Healing is a gentle and subtle, yet effective system of healing using ancient techniques originating from the sciences of Yoga and Ayurveda. It was developed by Dr. Mark L. Vinick during a span of over thirty years of study with many leading spiritual teachers and healers. It utilizes mantra, yantra, mudra, marma and aromatic herbal preparations.

30 Minute Session:	\$70
60 Minute Session:	\$125

Can also be administered via absent healing, where the subject is not physically present.

Revised: July 2008