

HOM Integrative Medicine



HOM INTEGRATIVE MEDICI

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[@hom.integrativemedicine](https://www.hom.integrativemedicine)

Integrative Medicine · PNI · Digestive & Hormonal
Health

At HOM Integrative Medicine, we don't treat symptoms in isolation.

We work through a root-cause, phase-based and personalized approach, integrating integrative medicine, nutrition, lifestyle medicine and psychoneuroimmunology (PNI).

Every body has its own story.

Our role is to understand yours and guide you step by step towards sustainable, long-term health.

Our pillars

- Personalized care
- Phase-based treatment
- Mind-body-immunity integration
- Long-term vision

HOW DIAGNOSTIC TESTING WORKS



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(NUTRIPATH PROCESS)

Step 1 – Clinical Assessment

We evaluate your symptoms and decide if testing is needed.

Step 2 – Test Selection

Only the most relevant tests are recommended.

Step 3 – Kit Delivery

You receive your test kit with clear instructions.

Step 4 – Sample Collection at Home

Simple, safe, and guided.

Step 5 – Shipping to NutriPATH

Samples are shipped securely via DHL.

Step 6 – Results & Interpretation

Results are reviewed, explained, and integrated into your treatment.

✦ Laboratory tests must be paid in full before the test kit is released or delivered. Once payment is confirmed, the kit will be provided and the testing process can begin.

Package Services



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ONE-ON-ONE SESSION

Duration: 45 min

- Pre-consultation questionnaire
- SeOnline 1:1 session (45 min)
- Personalized medical report
- Recommended diagnostic tests
- MinMini guide (sleep hygiene)

IDR 1,300,000

Expected results

- Clarity about your symptoms
- Understanding what is happening in your body
- Clear first steps to follow

21-DAY RENEWAL PLAN

Duration: 21 days

- Personalized treatment plan (PDF)
- Email check-in at 48h
- 1 follow-up session (30 min)
- General PNI resources

IDR 2,050,000

Expected results

- Reduced bloating and digestive discomfort
- More stable daytime energy
- Better sleep and lighter mornings

INTEGRAL BALANCE PLAN

Duration: 60 days

- Phase-based treatment plan
- 48h email check-in
- WhatsApp support (Mon–Fri)
- 2 nutrition plans (1/month)
- 2 follow-up sessions (30 min)
- PNI resources tailored to your case

IDR 3,150,000

Expected results

- More stable digestion
 - Reduced fatigue
 - Better stress regulation
 - Increased vitality & mental clarity
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ADVANCE VITALITY

Duration: 90 days

Our signature plan for a deep transformation in health and vitality

- Phase-based treatment plan
- 48h email check-in
- 3 nutrition plans (1/month)
- 3 follow-up sessions (30 min)
- Priority WhatsApp support
- Advanced PNI tools adapted to your case

IDR 3,990,000

Expected results

- Stronger digestion & reduced inflammation
- Stable energy throughout the day
- Better emotional regulation
- Noticeable improvement in persistent symptoms

SIBO RESET PROGRAM

Duration: 180 days

- Phase-based treatment plan
- 48h email check-in
- 4 nutrition plans (every 6 weeks)
- 3 follow-up sessions (30 min, every 2 months)
- WhatsApp support (Mon–Fri)
- Extra resources:
 - Mini educational videos (microbiome, immunity, SIBO)
 - Short audios (mind-body & PNI fundamentals)

IDR 4,990,000

only IDR 831,677 / month

Expected results

- Progressive reduction of bloating
- Less gas, pain & abdominal discomfort
- Better digestion & motility
- Real improvement in daily quality of life

✦ SPECIAL BONUSES

- 10% discount for upfront payment
- Free extra 20-min session for referrals
- 15% off when renewing a second package

HOM GUARANTEE

If you don't experience initial improvements, we review your plan at no extra cost.

IMPORTANT NOTE

Laboratory tests are not included. If needed, we will recommend the most suitable ones and coordinate everything with NutriPATH Australia or Teletest Spain.

FAQ



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Are the plans personalized or standardized?

All plans are 100% personalized. There are no generic protocols. Your treatment is designed based on your medical history, symptoms, lifestyle, and goals.

Do I need laboratory tests to start?

Not always. Many patients start with a clinical assessment first.

If tests are necessary, we will recommend only the most relevant ones, based on your case.

Are laboratory tests included in the price?

No. Laboratory tests are not included in the plan price.

If required, they are quoted separately and always discussed with you before proceeding.

What type of tests do you work with?

We work with advanced functional and integrative diagnostics, including:

- Gut microbiome & SIBO testing
- Hormonal assessments
- Food sensitivities
- Inflammation & immune markers

All tests are selected case by case.

FAQ



Which laboratory do you collaborate with?

We collaborate with NutriPATH (Australia) and Teletest (Spain), internationally recognized laboratories specialized in functional and integrative medicine diagnostics.

How do I receive the test kit?

Once a test is recommended and confirmed:

- The test kit is delivered directly to you or provided by our clinic team.
- Clear step-by-step instructions are included.
- Our team is available to guide you if needed.

How do I collect and send my samples?

Sample collection is simple and done at home.

You will receive:

- Clear written instructions
- Support from our team if questions arise

Once completed, samples are:

- Packed according to laboratory standards
- Sent via DHL or approved courier to NutriPATH

We coordinate and supervise the entire process for you.

FAQ



Do I need to arrange shipping myself?

No. We guide you through the entire shipping process and ensure:

- Correct documentation
- Proper packaging
- Safe international delivery

Our team handles the logistics with you step by step.

How long does it take to receive results?

Results usually take 2-3 weeks, depending on the test.

Once received, we:

- Analyze them in depth
- Explain them clearly in a follow-up session
- Adjust your treatment plan accordingly

Will I receive a treatment plan after my results?

Treatment plans are provided only if included in your selected package.

If you have booked a plan that includes treatment design, your test results will be fully integrated into a personalized treatment plan, including nutrition, supplementation, and lifestyle strategies.

Do you prescribe medication or supplements?

We work with integrative strategies, including: Nutrition therapy, Evidence-based supplementation.

Medication is discussed only when necessary and always within an integrative framework.

FAQ



How is follow-up and support provided?

Depending on your plan, support includes:

- Email follow-up within 48h
- Scheduled follow-up sessions
- WhatsApp support (business hours)

Can I upgrade my plan later?

Yes. You can upgrade at any point and only pay the difference between plans.

What if I travel or live abroad?

All consultations are 100% online, and we work with patients worldwide.

Diagnostic kits and follow-up can be coordinated internationally.

What if I don't notice improvements at the beginning?

We offer a HOM Satisfaction Guarantee.

If initial improvements are not observed, we review and adjust your plan at no extra cost.

*Transparency builds trust.
Your health journey is guided
every step of the way*

Turn nutrition into medicine



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