



ABOUT THE DOCTOR



Dr. Demetra Vagias

MD,ND was a Family

Practice Doctor who

chose to leave conven-

tional medicine and

practice holistically as a Naturopathic Doctor. Since 2003, she has been helping people regain their health exclusively through a holistic approach with nutrition at its core.

Building Health From Within

2021 Midwest Road
Suite 200
Oak Brook, IL 60523
708.655.2651

www.buildinghealthfromwithin.com
Email: docs@buildinghealthfromwithin.com

*DIFFERENT FOODS
CREATE DIFFERENT
THOUGHTS. DIFFERENT
THOUGHTS CREATE
DIFFERENT ACTIONS.
DIFFERENT ACTIONS
CREATE DIFFERENT
DIRECTIONS. DIFFERENT
DIRECTIONS CREATE A
DIFFERENT DESTINY.*

~UNKNOWN



BUILDING HEALTH FROM WITHIN



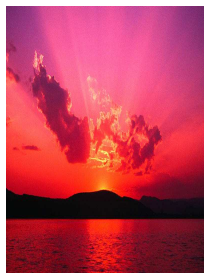
TEL: 708.655.2651



THE VISION

DOCTOR FEES AND SERVICES

TOOLS



BUILDING HEALTH FROM WITHIN WAS BORN OUT OF A DESIRE TO TEACH PEOPLE

TO RECLAIM THEIR HEALTH.
DR. VAGIAS HAS BEEN ON HER
OWN PERSONAL JOURNEY TO
HEALTH FOR THE PAST 6 YEARS.
SHE IS NOW READY TO TEACH
OTHERS HOW TO IMPLEMENT A
HEALTHY LIFESTYLE THROUGH
PROPER NUTRITION, WHOLE
FOOD SUPPLEMENTATION AND
MENTAL WELL-BEING. DR.
VAGIAS BRINGS HER OWN
UNIQUE BACKGROUND AND EX-
PERTISE TO EACH PATIENT
WHOSE LIFE SHE TOUCHES.

INITIAL VISIT **\$295**

*Includes Metabolic Typing, BIM testing
(approximately 1.5 hours)*

FOLLOW UP VISIT **\$135**

*Includes BIM assessment (approximately
45 minutes)*

PREPAY PACKAGES*

6 visits with BIM assessment **\$675**

4 visits with BIM assessment **\$475**

**Must be used within 18 months*

PURIFICATION/DETOXIFICATION PROGRAM

*Includes 2 BIM assessments (at start and
finish) and all required products* **\$325**

PURIFICATION/DETOXIFICATION PACKAGES AVAILABLE

3 Detoxification Packages **\$895**

(to be used within 18 months)

2 Detoxification Packages **\$575**

(to be used within 12 months)

*Recommendation is for these programs should
be completed in Fall and Spring but ultimate
decision lies with you*

NUTRITIONAL CONSULTATIONS **\$185**

Approximately 45 minutes

*Includes metabolic typing and
BIM assessment*

PHONE CONSULTATIONS **\$75**

(PER 15 MIN)

BIM Testing (Bioelectrical Imped- ance Measurement)

BIM devices have been consistently used in medicine to non-invasively obtain important health information. All devices have FDA registration and CE approval. The BIM assessment is a state-of-the-art tool designed to measure 58 different electrical “circuits” in your body related to specific organ systems.

Whole Food Supplementation

As a nation, we eat poor quality foods that have been stripped of nutrients. Many of us get our entire nourishment from instant rice, refined wheat breads, pastas, and cereals. We eat a tremendous amount of pre-packaged, prepared meals. Americans are over fed and undernourished. The foods we eat are not providing our bodies with the nutrients they need to sustain optimal health.

There is good news. . .

Given proper nutrition, the human body has an amazing ability to heal itself. Our whole food supplements can complete this nutritional gap.