

INDIGO HEALTH CLINIC

A NEW
HEALTH
PARADIGM

YOUR PARTNER IN HEALTH

INDIGO HEALTH CLINIC

Beyond Symptoms. Lasting Health.

When Was the Last Time You Truly Felt Well?

Not just “okay” for a few days — but energized, clear-minded, and resilient for months and years.

True health means thriving: steady energy, sharp focus, balanced hormones, smooth digestion, restorative sleep, and a body that works with you, not against you.

Why Indigo?

Maybe your labs look “normal,” yet you don’t feel normal. Maybe you’ve been given prescriptions instead of answers.

Many of our patients arrive with a stack of specialists, conflicting diagnoses, and no one connecting the dots. At Indigo, we step back, see the whole system, and make sense of the complexity. We don’t just manage symptoms — we explain the “why,” untangle chronicity, and chart a path forward.

Who We Serve

Complex & Chronic Illness: For patients who have “hit the wall” in the conventional model, we provide clarity where there has been confusion and care guided by outcomes — not insurance rules.

Proactive & Preventive: For those who feel well and want to stay that way, we detect imbalances long before conventional care would. That’s true prevention — protecting vitality, avoiding costly problems, and extending health span.

We are intentionally out of network. The time we spend with you and the treatments we recommend are based solely on your needs and best projected outcomes — not dictated by insurance or outside investors. This independence allows us to deliver care in your best interest.

What We Believe

Your body has an extraordinary ability to heal when given the right support: the right diagnostics, the right building blocks, and the right sequence. At Indigo, we use

evidence-informed functional, integrative, and naturopathic medicine to do just that. Every plan is individualized, because no two people are biochemically the same.

Healing also requires connection: **real people answer our phones, our team responds directly, and we prioritize relationships alongside innovation.**

What We Deliver

Our practitioners are board-certified in integrative, naturopathic, acute, and family medicine. With more than 15 years of experience, consistently strong outcomes, and highly satisfied patients and testimonials, Indigo Health Clinic continues to pioneer integrative care in the DC tri-state area.

What To Expect

The Foundation — Understanding the Root Cause

Your care begins with an Initial Consultation — a thorough, virtual visit where we look at the whole person, not just isolated symptoms. We review your medical history, labs, goals, lifestyle, and patterns that may be holding you back.

We offer two consultation formats:

- **Regular Initial Consultation** — 75-minutes, \$660
- **Chronic & Complex Consultation** — 105-minutes, \$1,020 (recommended for cancer, Lyme, autoimmune conditions, repeat SIBO, or long medical histories)

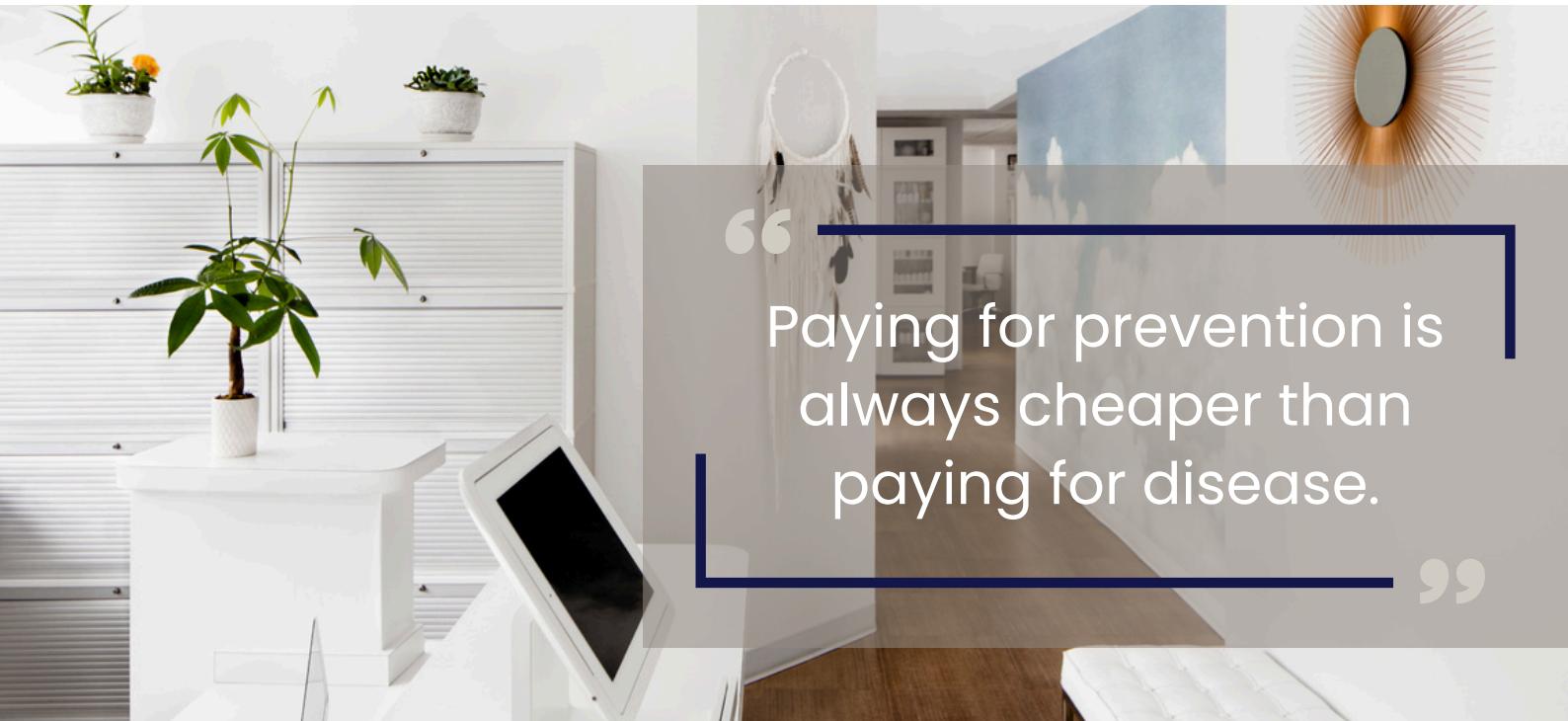
Follow Up Visits:

- **45-min Follow Up** visit — \$430
- **75-min Follow Up** visit — \$660 (typical if you are reviewing 2+ labs or if you need more time with the provider)

“

Paying for prevention is always cheaper than paying for disease.

”



During your **Discovery Call**, we'll help determine which is best for you.

From there, we recommend targeted testing. Advanced diagnostics — blood, saliva, urine, or stool — help us see what standard labs miss. Whenever possible, we order through in-network labs such as LabCorp or Quest. Specialty labs may range from \$300–\$1,500 depending on clinical need. Indigo charges a \$135 in-clinic lab draw fee.

Note: a Follow-Up visit is required to review and release results.

The Solutions — Building Your Treatment Plan

Once we have a clear picture, we design a personalized plan tailored to you.

This may include:

- Targeted lifestyle and nutritional strategies
- Verified, medical-grade supplements
- Individually formulated IV therapies at our Georgetown clinic
- Stress and nervous system support
- Environmental toxin reduction
- Advanced detoxification protocols
- Herbal and peptide therapies
- Health and life coaching
- Medical Qi Gong

For complex, chronic illness, we bring structure and clarity where conventional care often falls short. For proactive patients, we provide strategies that maintain health and detect risks early — keeping you ahead of problems before they surface.



"Working with the team at Indigo Integrative has changed my life. I have been searching for answers about my health for years and I finally received answers in just a few months while working with the team at Indigo."

- Emili D.



"I've achieved life changing results from their care. I cannot say enough positive things about this practice-- thank you!"

- Meg L.

The Indigo Path — From Healing To Thriving

Healing takes time, just as illness develops over time. That's why the Indigo Path provides structure, accountability, and continuous guidance so progress is steady and sustainable.

Our mission is simple: lasting results. Whether it's helping you untangle years of chronic symptoms or protecting your long-term vitality, we're here to guide you every step of the way.

Thriving health is possible — and we're here to help you achieve it.

 **Call us today at (202) 298-9131**

“

The right answers
save you from years
of wrong turns.

”

INDIGO PRACTITIONERS

Snejana Sharkar

CLINICAL DIRECTOR

RND, FNP, ACNP, INTEGRATIVE MEDICINE PROVIDER



Snejana Sharkar is the clinical foundation of Indigo Health Clinic—a rare practitioner whose depth of knowledge is matched only by her unwavering dedication to patient care. With over 30 years of medical experience across two continents, Snejana has worked across nearly every domain of medicine, blending conventional, naturopathic, and integrative approaches into a cohesive, root-cause-driven model of care.

A lifelong learner and relentless problem-solver, Snejana is known for welcoming the most complex cases—those often dismissed or misunderstood by the conventional system. Her clinical focus includes chronic infections (such as Lyme and co-infections), thyroid disorders, hormonal and adrenal imbalances, gastrointestinal dysfunction, chronic fatigue, and immune dysregulation often seen in cancer patients.

Snejana holds a Doctor of Naturopathic Medicine (ND) from the University of Science, Art and Technology in Montserrat and London, and

completed graduate studies at Howard University in consortium with Georgetown University. She is a Board-Certified Family Nurse Practitioner (FNP-BC) and Acute Care Nurse Practitioner (ACNP), with a decades-long clinical background in family medicine and cardiology.

In addition to her nursing credentials, Snejana is Board Certified in Integrative Medicine and a Registered Naturopathic Diplomat (RND). She is an active member of numerous medical organizations including:

- Institute for Functional Medicine (IFM)
- International Lyme and Associated Disease Society (ILADS)
- American Holistic Medical Association (AHMA)
- American Academy of Naturopathic Physicians (AANP)

- American Association of Integrative Medicine
- DC Association of Naturopathic Physicians (DCANP)
- American Academy of Regenerative Medicine (AARM)
- American College of Cardiology
- Academy for Insulin Potentiation Therapy – Low Dose (IPTLD)

Snejana is one of the few practitioners in the Washington, D.C. area certified in Wilson's Temperature Syndrome (WTS) Restorative Medicine, an advanced model of care for thyroid and metabolic regulation. She also studied Insulin Potentiation Therapy (IPTLD) under its founder, Dr. Donato Perez Garcia, and has presented numerous clinical case studies at international IPTLD conferences. She remains active in applying IPTLD protocols to both Lyme disease and oncology support.

Snejana's approach is grounded in deep clinical knowledge, rigorous diagnostics, and a profound respect for each patient's healing journey. She serves not only as a provider—but as a trusted partner for those navigating the most complex chronic conditions.



INDIGO PRACTITIONERS

Dr. Isabel Sharkar

CEO & HEAD OF INNOVATION

NMD



Dr. Isabel Sharkar is the co-founder of Indigo Integrative Health Clinic in Washington, D.C., where she's spent over a decade helping high-performing women restore their health, optimize their energy, and take back control from chronic illness.

A graduate of the Southwest College of Naturopathic Medicine (now known as Sonoran University of Health Sciences), Dr. Isabel combines root-cause medical insight with personalized, cutting-edge protocols. Her clinical interests include next-level detoxification programs, powerful aging, brain and energy optimization, and helping patients break free from the cycles of burnout, fatigue, and hormonal imbalance.

Dr. Isabel is also a published author and sought-after voice in the wellness space

featured in outlets such as Vogue, Harper's Bazaar, NBC News, Psychologies Magazine, and more. Known for her blend of clinical skill and empowering guidance, she helps women reconnect to their vitality—physically, mentally, and emotionally.

In addition to her clinical work, Dr. Isabel offers coaching for women navigating transitions in health, identity, and purpose. Her mission is to help ambitious women reclaim their energy, align with their truth, and build lives that are both sustainable and deeply fulfilling.

Currently, she is co-creating a sustainable boutique retreat center with her husband in Portugal, focused on deep healing, conscious living, and integrated health transformation. It's now open for business.