

# Terrain Health

Next Generation Healthcare



A Next Generation,  
*Precision Medical Practice*

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# Mission & VISION



Our mission at Terrain Health is to maximize health, performance, and longevity while improving health span and increasing lifespan. The ultimate goal is to provide the tools to achieve emotional, mental, and physical balance and heal from within.

## Mission

Terrain Health was created to transform the current standard of healthcare delivery in America. We practice disease prevention instead of disease suppression. Terrain Health proactively educates and treats patients, and does not simply react to a diagnosed illness. We call our methodology Precision Individualized Medicine, emphasizing that each person is unique and therefore, cannot be treated the same. Synthesizing epigenetics, gut microecology, genomics, biological age, and functional medicine, Terrain Health provides the roadmap to creating long-lasting health and wellness.

## Vision

Our vision is to revolutionize how we diagnose and treat all patients by combining the science of systems biology with next-generation biomarkers, biological age, and multiple "omics" including your gut microbiome, nutrigenomics, metabolomics, and exposome. We are reshaping the healthcare system by utilizing advanced testing and medical technologies to deliver healthcare that is proactive, personalized, and precise. Through the discovery of biochemical individuality, we will create an entirely different healthcare experience that is unique to each patient. As healers, we want patients to be "touched" multiple times, feel connected, and take control of their health destiny with our guidance.

*Better Health & Care*

# WHAT WE

*treat*

The patient is at the heart of everything we do, and we have the track record to prove it

- Gut Health

All healing starts in your gut. The gut is the gateway to good health. It's the master guardian of your body protecting you from the manifestation of disease and illness.

- Autoimmune & Chronic Diseases

A balanced immune system is key to staying healthy. It is the primary fighter of illness and disease. Terrain will identify the root cause of your issues, and partner with you to bolster your immune support system, and optimize your health.

- Women's Health

All the services you need with more care, more time and a precision focus on the underlying root cause of issues. Women's Health is so much more than you realize.

- Metabolic Health

Understanding your metabolic health - how we generate and process energy, is the first step to improving it. Terrain works with you to understand your unique metabolic profile, and how to control and optimize your metabolic health.

- Hormone Health

Hormones carry critical messages telling your body what to do and when to do it. For instance, they play a major role in controlling your appetite, weight, and mood. A small imbalance can lead to all sorts of health issues.

- Long COVID

As a result of long hauler research the underlying immunologic causes of Long Hauler Covid are being uncovered. We can now better identify and treat affected patients. There is now hope.



# *Our* WELLNESS SERVICES

## Services to optimize health and wellness

- Direct Primary Care
- Hemorrhoid Banding
- IV Infusion Therapy
- Ozone Therapy
- Red & Blue Light Therapy
- Acupuncture
- Infertility/Microgenesis
- Nutrition & Health Coaching
- Medical Weight Loss
- MonaLisa Touch Vaginal Rejuvenation
- CynoSure Skin Revitalization
- Continuous Glucose Monitoring
- BrainTap



## A next generation, precision medical practice

Terrain Health practices next generation healthcare that focuses on restoring and optimizing health. We gain a thorough understanding of your health in the context of your life, where you have been, where you are today, and where you are going.

We specialize in Gut & Digestive Health, Hormone and Metabolic Health, Women's Health and Fertility Optimization, Chronic Conditions, and Long COVID.

We address your underlying issues and maximize your health, performance and longevity.

*Terrain Health is  
your partner on your  
wellness journey*

# New Patient JOURNEY



## 1

### New Patient Consultation

We want to gain a deep understanding of your entire health in the context of your life. We want to know all about where you are today, where you have been and where you are going health wise.

We take the time to learn all about you: your health, nutrition, lifestyle, movement and sleep patterns.

Everything we do is personalized, tailored to your specific health needs.



## 2

### Advanced Diagnostics & Laboratory Testing

We utilize comprehensive blood work and advanced diagnostic testing to obtain a full understanding of your health status. We integrate advanced foundational testing not commonly available to create personalized plans and proactively manage your care.



## 3

### In-Depth Follow-Up & Recommendations

We analyze your biochemical makeup, test results and health history, and provide a personalized plan to maximize your health span and well-being.

We treat the root cause, and address any underlying issues that you may have. We offer advanced, whole body medicine.

You will now understand your personal genetic strengths and weaknesses. We will work with you to mitigate and avoid chronic illness down the road. You will know your genetic blueprint.

# OUR TEAM



**Robin Forman Rose, D.O.**  
Founder & Chief Executive Officer

Dr. Rose is a double board-certified specialist in Gastroenterology and Internal Medicine, specializing in precision functional medicine. Dr. Rose focuses on integrating systems biology and utilizes cutting-edge healthcare technologies to optimize the health trajectory of patients, by restoring and optimizing gut health.



**Tracey Sheedy, PA-C**  
Physician Assistant

Tracey brings over 20+ years of clinical practice, combining her foundational experience in Emergency Medicine and Primary Care with her current expertise in Women's Health. Tracey's inherent passion for patient care is integral to her approach in identifying and remedying underlying health issues, encompassing both traditional and functional medicine.



**Terrain Health Team**  
Dedicated & Experienced Professionals

Our team is comprised of health coaches, nutritionists, registered nurses and healthcare administrative professionals who support our patients on their health and wellness journey.

*We invite you to start your health  
journey today.*

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