



LEVEL PROGRAMS

For your convenience and cost-savings, we've created program packages suitable for our varied clients and Nutritionists. The package levels (1 and 2) are based on the scope of your health needs. Each program is completely customized based upon a clear, measurable goal. Once your needs are identified in your first evaluation appointment, a package will be recommended. Our Nutritionists have a wide range of experience and expertise. We take pride in partnering you with the Nutritionist that is best suited to guide you on your journey to health. Packages keep you committed to your wisest investment, YOU!

Each package includes 3 phases:

- **Phase 1:** Construct and integrate program structure into your daily life – food planning, timing, supplementation, etc.
- **Phase 2:** Build energy and overall health – program assessment and revisions based on progress
- **Phase 3:** Maintenance – food, supplements, and lifestyle plan for ongoing health and vitality. Once reached, 6-month check-ups are highly recommended.

Package Descriptions

Level 1- with a Nutritionist

Level 1 packages are for those looking to take their health to the next level but may be dealing with specific health conditions (migraines, digestive disorders, etc.). These customized programs utilize a variety of approaches including Ayurveda, nutritional medicine, behavior and lifestyle modification, stress reduction techniques, etc.

- In-depth testing including any food allergies or toxicities
- Specified supplementation program to address chief complaints and goals

Duration:

- 4 one-hour sessions/ 8 weeks, meeting every 2-3 weeks and 1 free Quick Check: \$306
- 6 one-hour session/16 weeks, meeting every 2-3 weeks and 2 free Quick Checks: \$ 459

Level 2 – with a SR. Nutritionist

Level 2 packages are in-depth programs for those with serious and chronic health conditions. Muscle testing and supplements are integral components. Detoxification may be recommended for removal of parasites, infection, metal or chemical toxicity, and hormone balancing.

- In-depth testing for food allergies, toxicities, chemicals or microorganisms
- Aggressive and regimented supplementation program to address primary health concern

Duration:

- 4 one-hour sessions/8 weeks, meeting every 2-3 weeks and 1 free Quick Check: \$408
- 6 one-hour sessions/16 weeks, meeting every 2-3 weeks and 2 free Quick Checks: \$612
-This package includes 50% off of 2 acupuncture sessions

ADDITIONAL PACKAGES

Ear Candling

- Package of 3 30-minute sessions for \$125; includes 1 candle each ear
- Package of 3 1-hour sessions for \$260; includes 2 candles each ear

FREE 15-MINUTE QUICK CHECK

For sessions beginning in March 2007, for every 3 consultation sessions completed, clients receive a **FREE 15-minute QUICK CHECK**. This 15-minute QUICK CHECK is scheduled with your regular Nutritionist and must be completed within 4 weeks of your third consultation. The QUICK CHECK can be used for anything you choose such as QRA testing, review of nutrition plan or supplement protocol, or Q & A.

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