

Wellness Consult- Pricing

Back To
BALANCE
Massage & Wellness
Resources for the
Body ~ Mind ~ Spirit
262-573-9594
www.thejourneytobalance.com

LEVEL 2- Wellness Essentials Consult (One Month)

This Program is designed for the symptomatic person needing a jumpstart!

What's Included

Your Program includes:

- Intake Forms (Health History, Self-Screens, Food Journal etc)
- Extensive Food & Life Style Review
- 1 Hour Results Consult
- D.R.E.S.S. For Health Recommendations
- 1 Month Unlimited Email Support & Resources (articles, recipes, DIY etc)

Keep in mind that every recommendation is merely a guideline to help you succeed in your journey towards Balanced Health...but it's up to you to implement.

How It Works & The Steps To Take

1. Call to schedule consult, provide me your email address for Intake Forms & Resource communication, 262-573-9594.
2. Intake Forms
Receive several forms, by email from me, **fill them out** and **bring a copy** for my files, with you to the Consult. (keep one copy for your files as well). Forms may include: Health History, Informed consent, various self-screens, 7-day Food Journal, ASI, etc. (If you have any troubles filling out the forms, please feel free to call me.)
3. Extensive Food & Life Style Review
This step takes a lot of time and is done in preparation for the D.R.E.S.S recommendations. I will review all forms & information and put together a complete wellness recommendation.
4. 1 Hour Results Consult
Your consult should already be scheduled, if not, call me to schedule. In the Results Consult, we will go over all the forms you filled out, discuss your D.R.E.S.S For Health Recommendations & answer any questions.
5. D.R.E.S.S For Health Recommendations
This is a complete guide to Diet, Rest, Exercise, Stress Reduction & Supplementation. Each category is reviewed and suggestions are made based on your life style & wellness needs with the goal of Root Cause Resolution in mind.
6. 1 Month Unlimited Email support & Resources
In addition to the extensive D.R.E.S.S for Health recommendations, I will provide you with 1 Month of unlimited email support and resources (articles, recipes, DIY) to help you in your journey!

The Essentials Consult **Price- \$175.00** **(Fee is due in full at the time of Consult.)**

Additional Fees To Consider

Supplements- Supplements may be necessary if there are deficiencies, infections or if they are needed for special support. Fees vary from Protocol to Protocol.

You can check out my online nutritional dispensary at <https://us.fullscript.com/welcome/slaux> and receive a 10% discount every time you shop.

Continued Investigation

There are times when the body has been pushed too far out of balance. In that case, it is necessary to look beyond the diet in order to uncover the underlying causes of certain health issues. Your Practitioner may recommend additional lab tests (at an extra cost) to identify malfunctions in the body's digestive, detoxification, hormonal + immune system in order to uncover the root cause of your symptoms.

When You **CONSISTENTLY CONSUME THE RIGHT FUEL MIXTURE**, you provide your body with the raw materials it needs to **REGULATE, REPAIR** and **REGENERATE** and you allow yourself to move forward in your

Journey Toward Balanced Health!