

## **NUTRITIONAL THERAPY RATES**

### **15-minute Consultation - Complimentary**

This is designed to learn more about you, discuss your health concerns, and what goals you'd like to accomplish in Nutritional Therapy. I will also share my background and approach to make sure that working together is a good fit.

### **3-Month Nutritional Therapy Program - \$600 for members, \$650 for non-members**

This program involves four sessions over the course of 3 months and involves a deep dive into a client's history to determine the nutritional deficiencies that are causing health concerns. The NTP will provide an initial nutritional and health plan and then will evaluate progress and provide additional recommendations in the last two sessions.

The program is designed to be 3-months because that while clients will see short term improvements, it usually takes at least several months to achieve improved health with chronic conditions. This is because this process supports healing the origin of the condition, not just the symptoms, to ensure long term improvement.

#### *First Session - Evaluation – 90 minutes*

The client completes several types of paperwork as background which are reviewed during this session including a food journal, online symptoms questionnaire, and client history form including client goals. The NTP might also perform some simple tests including a functional evaluation.

#### *Second Session – Recommendations and Plan – 60 minutes*

The second session would be soon after the first session where the NTP will review their recommendations with the client and discuss how the client can incorporate them into their diet and life. Recommendations will incorporate short term and long-term goals including dietary changes that are explained in simple and informative handouts, recipes, lifestyle modifications, and potentially nutritional supplement suggestions.

#### *Third Session – Re-Evaluation – 60 minutes*

This third session is generally held a month after the second session and involves a reevaluation of the client in from a health standpoint and addresses any changes to the recommendations.

#### *Final Session – Re-Evaluation and Long-Term Plan – 60 minutes*

The third session is generally held 3 months following the initial session and involves a reevaluation of the client's health, addresses changes to the recommendations and involves a long-term plan to continue health improvement. If additional sessions are desired, they can be purchased at \$120/hour each for members, \$150/hour each for non-members.