

## **Blessed by Nature**

### **Premium 90-day Package**

My 90-Day Package offers holistic health basics plus guidance and support for your specific health challenges.

#### **Why 90 days?**

Did you know our body totally heals and renews itself every seven years? That is if we give it the right tools to achieve this incredible miracle provided by our Creator.

According to medical science, over 300,000 million cells die every minute. The cornea replaces itself every 24 hours, the skin every 14 days, new blood cells every 90 days, the soft tissue every six months, and the dense tissue every 2-7 years.

Why do we still have symptoms if the entire body constantly creates new cells to replace the old, dying, or diseased cells? Are these new cells healthy?

In 90 days, you will be working towards improving your health and building a healthier body. You know the expression, if you keep doing the things that made you sick, you'll stay sick. Would you put a clean bandage or cast over dirty, infected skin? I think not. My goal for you is to stop doing the things that can make you sick and start doing something to make you healthy.

I aim to add common sense to getting and staying well by using the A, B, C, and D's of holistic healing. Let me help you learn some new skills and ways to live to achieve a higher level of health and well-being. After 90 days, you will renew healthier blood cells and have a great start toward feeling better and knowing more about your health and self-care.

As your partner in health, I would love to work with you to help you discover natural health care using a kinder, simpler, and safer way.

**Discovery Session Chat** – 30 minutes – let's find out if we are a good fit.

## **6 Key Benefits of Premium 90-Day Package:**

- Consistency and better care
- Eliminates stops and starts with the program
- Better results and higher commitment
- Savings from one-and-done appointments
- Specific education for your health care needs
- Individualized support from your naturopathic doctor

## **4 T's (terms, time, training, and tools) of Working Together:**

- **Terms:** 90 Days - usually two meetings a month - **\$495 (check, cash, credit card, venmo – no refunds)**
- **Time:** 6 visits (in the office or via Zoom) 60-90 minutes, three calls or texts for specific questions or concerns
- **Training:** Body Talk (self-testing technique), First Steps Forward, A, B,C, D's of Holistic Healing, herbal education, nutritional support, lifestyle guidance for you specifically
- **Tools:** Suggested Supplement Plan, Personalized TBA Homeopathic Remedies, Back to Basics plan, Blood Lab Analysis, recipes as needed.

As a holistic doctor, we will discuss the values of holistic health on physical, emotional, mental, and spiritual health. Generally speaking, there is a correlation between all of them. I'd love to work with you to connect the dots for you specifically. We can go as deep as you'd like.

### **Contact Info:**

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_