

## What to expect from Nutritional Therapy

- Become educated and empowered to take control of your health. The body's innate intelligence allows it to know exactly what it needs in order to function at its best. You'll learn how to listen to your body.
- After an analysis of your health information and nutritional assessments, I'll develop a diet and lifestyle plan that fits your life. These will be changes that are tailored to correct the deficiencies in your body; to restore balance and improve health.
- We will balance your systems, not your symptoms. Instead of putting a Band-Aid on your symptoms, we'll get to the root cause of your health imbalances.
- This is not a "magic pill", "super shake" or a quick fix in many instances. You MUST be an active participant! I will educate you and cheer you on, but it is you that determines the degree of success that you have. I was once in your situation and I am happy to guide you with baby steps or jump right into the deep-end with you. It's all up to you.

***Let me help you enhance your health, lift your mood, and boost your energy!***



## What is Nutritional Therapy?

A Nutritional Therapist recognizes that there is no "one size fits all" diet and focuses on the unique needs of each client to provide a finely tuned nutritional protocol. Within each of us lies an innate intelligence. We all possess different nutrient deficiencies, toxic burdens, stress levels, eating habits, health histories, and physiological functions. Therefore, each person needs a customized nutrition plan that will yield quick results.

Nutritional Therapy benefits a wide range of individuals from children to adults to the elderly. Whether you are dealing with a specific condition, a systemic problem, or an overall lack of energy, a nutrient-dense/ properly prepared nutrition plan will help get you back to good health.

Book your Nutritional Therapy Consultation and start rebuilding your health from the ground up!



Contact:  
Lori Klein, NTP.  
Office: (586) 677-4400  
Fax: (586) 677-4401

[www.swainfamilychiro.com](http://www.swainfamilychiro.com)



***PERSONALIZED  
NUTRITIONAL  
THERAPY  
CONSULTATION***

Lori Klein, NTP

## Mini Three-Pack/3 month package: **\$225.00**

60 minute consultation including:

- Review and discuss the previously completed Nutritional Assessment Questionnaire, and Health History Forms.
- Analysis of previously completed food journal
- Develop a short and long term plan

Two 30 minute follow-up appointments:

- Assess your progress and make necessary adjustments to your diet and or supplements.
- Follow-up Nutritional Questionnaire evaluation to track progress (at 3 months)
- Follow-up food journal evaluation to adjust your diet (at 3 months)
- Two (2) – 15 minute phone calls to touch base and trouble shoot as needed along the way
- Email (up to 5) for Q&A for the duration of your package.
- Resources: Recommended reading DVDs/websites, etc. Lots of informative hand-outs, tips, tricks, recipes, etc.
- Recommendations for additional outside therapies that could be helpful in assessing your individual situation.

## Basic Three-pack/3 month package: **\$325.00**

All services of the Mini Three-pack with the following additions / alterations:

- 90 minute consultation
- A hands-on Functional Evaluation
- Two 60 minute follow-up appointments
- Three (3) – 15 minute phone calls to touch base and trouble shoot as needed
- Email (up to 10) for Q&A for the duration of your package.

## Six-pack/6 month package: **\$650.00**

All services of the Basic Three-pack with the following additions / alterations

- Five 60 minute follow-up appointments
- Six (6) 15 minute phone calls to touch base and trouble shoot as needed along the way
- Email (up to 15) for Q&A for the duration of your package.
- Two (2) Recipe Make-Overs of your choosing.

## Additional Services

- *Meal Planning*  
Specific to your needs. Two weeks of meal plans, once a month for three months – **\$90**
- *Kitchen Clean Out*  
I'll come to you and help you go through your pantry, fridge and freezer. We'll ditch all the bad stuff and talk about alternatives for your next shopping trip.  
One hour clean out – **\$75**
- *Let's Go Shopping*  
Let me take you on a one-on-one tour of a grocery store of your choosing. You'll learn how to re-stock that cleaned out kitchen without crushing your budget!  
One hour tour – **\$75**
- *Recipe Make-Over*  
Have a favorite recipe you'd like tweaked to fit in with your new healthy lifestyle? Give it to me and I'll fix it for you!  
**\$15/per recipe \$25/per dessert recipe**
- Additional 60 minute follow-up appointments - **\$70**
- Additional 30 minute follow-up appointments - **\$35**