

A Choice of Wellness Packages

Reclaim your health through an integrative approach of non-invasive methods and the most recent scientific advances in complimentary medicine.

Since your health concerns are unique to YOU, I offer several different consultations, programs, and options to meet your needs.

These packages were created to provide comprehensive solutions for some of the most common health conditions that I see in my practice.

Total Wellness Solutions Package

If you are experiencing unexplained symptoms, do not have a diagnosis, or are in good to moderate health and wishing to improve your overall wellness, this is the package for you.

I will review your health history, identify the root cause of any ailments, and design an individualised prevention or recovery program.

This program is highly customisable and provides solutions and preventative care for women's, children's, and men's health, autoimmune disease, nutritional counselling and food sensitivity testing, headaches and migraines, cleansing the detoxification, prenatal nutritional and wellness support, chronic pain, weight issues, and much more.

Leaky Gut and Digestive Solutions Package

Leaky gut has over 200 symptoms and often goes undiagnosed in conventional medicine.

You may feel your body is “falling apart” as you battle a cascade of symptoms that don't always appear digestion-related, such as rashes, chronic fatigue, headaches, and autoimmune disease. You may have even been told it's “all in your head”...when really it's all in your gut. Most doctors just don't know to look there.

I look at your whole body, paying special attention to food sensitivities, cortisol output, and neurotransmitter function. Then, I will create a custom program that allows your intestinal lining to heal and those mysterious symptoms to finally disappear.

Methylation Solution Package

If you are experiencing unexplained chronic health issues such as fatigue, anxiety, depression, infertility, migraines, miscarriages, or autoimmune disease a genetic mutation may be the root cause. The Methylation Solution package will look to identify genetic mutations and provide an individualised nutritional strategy to resolve even the most puzzling health issues.

Natural Sleep Solutions Package

If you have trouble falling asleep, staying asleep, or maintaining any type of “normal” sleep cycle, then this package is for you.

Through my whole body approach, I will look to uncover what’s really causing your sleep problem—be it hormonal issues, food sensitivities, adrenal exhaustion, or neurotransmitter imbalances. From there, I will create a custom nutritional, herbal, and lifestyle protocol to help reset your sleep patterns FOR GOOD.

The Stress Remedy 21-Day Program

The Stress Remedy 21-Day Program helps you detoxify, rebalance weight, increase energy, reduce inflammation, heal digestion, improve sleep, and jumpstart your healing program. The Stress Remedy Program can be completed solo (with support materials) or in an interactive group setting.

The Stress Remedy 10 Day Program

If you’re burnt out, stressed out, and short on “me time” this program is for you. A mini-version of The Stress Remedy 21-Day Program, this program offers the perfect health reset between holidays, business trips, post-illness, pre-vacation, or just to help you get your health habits back on track.

Ready to get started?

Contact me via email or phone to start working with me today.