

NATURAL HEALTH SERVICES

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Nutrition Response Testing: What To Expect

Standard Course of Treatment:

- Initial treatment phase (up to four weeks): Visits are scheduled every one to two weeks, according to the severity of symptoms or the complexity of the case.
- Second treatment phase (three to six months): Visits are generally scheduled every four weeks.
- Third treatment phase (maintenance phase): Visits are scheduled every one to three months and long-term supplements are refilled. Most clients are glad to continue seeing me on an ongoing basis, due to the low cost of maintaining a high level of health and well being.
- Healing generally occurs in reverse order, so the most recent symptoms are usually the first to respond. Mild healing crises can sometimes occur during treatment, but they are usually minimal, as only the amount of supplements that your body can comfortably handle are prescribed. If there is a healing crisis, it will be followed by a significant shift towards better health, which will be clear to both of us.
- Situations that can delay a fully positive therapeutic outcome include continued exposure to heavy metals, chemicals, certain pharmaceuticals, poor nutritional choices, genetic weaknesses or life stresses.

Cash Discount Rates:

- The initial consultation will include a complete history, kinesiology examination and treatment plan. Please allow at least one hour for this visit. The charge is \$100 and is payable at time of service by cash, check or money order.
- The second visit is scheduled one to four weeks after the first visit. At this time, we recheck your reflexes, make any necessary modifications to your treatment plan, answer any questions and evaluate any supplements or pharmaceuticals that you are already taking. Please allow at least thirty minutes for this visit and the cash discount rate is \$45.
- From this point on, kinesiology examinations are generally scheduled according to your needs or rate of improvement. These visits generally last between fifteen and thirty minutes, so the office visit charge will range from \$30 to \$45. If problems arise, you are always welcome to move your visit to an earlier time.

Insurance Billing:

I am glad to bill insurance as a courtesy to my clients for the costs of the office visits, if your carrier accepts third tier or out-of-network naturopathic medicine providers. However, I still require a \$100 cash payment for the initial office visit. Then, once the insurance billing is in progress, any credit balance can be applied later on to other office visits or nutritional supplements.

Cost of Nutritional Supplements:

- First two phases: I suggest that everyone budget up to \$200 per month, although everyone's needs are different, many needing less and a few needing more.
- Maintenance phase: I suggest that everyone budget up to \$100 per month, although everyone's needs are different.

Factors influencing the amount of supplements required:

- Size and weight of the client
- Degree of toxicity of the client
- A higher level of vital energy (younger clients or those with no major illness): testing often indicates higher dosages over a shorter treatment course.

- A lower level of vital energy (older clients or those having a serious illness): testing often indicates lower dosages over a longer treatment period.