

## **Individual Assessment and Consultation \$240**

### **One hour session plus one 30 minute follow up session**

- Initial Lifestyle Assessment form is completed along with Nutritional Systems Profile - this includes a look at diet, sleep patterns, family medical history, digestive function, energy levels, stress levels and other areas
- Food journal based on current diet is reviewed
- Health issues and concerns addressed
- Get a vitamins, minerals, and herbs plan suited to your needs
- Meal plan based on whole, natural, live foods along with superfoods that make you feel your best
- Recipes based on a holistic approach
- Holistic lifestyle guidance based on balance, stress reduction, goals
- General recommendations for health
- One 30 minute follow up meeting to discuss any questions and review recommendations
- Email and phone support

### **30 minute Follow Up Session \$45**

- follow up sessions are done six to eight weeks after initial assessment, based on the individual
- check in to adjust your meal plans or supplements and stay on track with your health goals
- goals re-evaluated, progress tracked, health issues assessed

## **What can I expect from this service?**

Clients are treated as individuals. Every client will complete a Lifestyle Assessment Form to determine any imbalances in the body systems. All clients are unique and require an individualized approach in order to address their specific needs.

## **What is a Holistic Nutritionist?**

A holistic nutritionist is someone who uses food as a means for preventing disease and ensuring the body is receiving enough nutrients to support optimal health and heal. Holistic nutrition bases itself around the principal of allowing food to be your medicine. This is achieved through natural whole food, supplementation, and lifestyle changes. Optimizing health and preventing disease are done by a individualized diet and lifestyle program and education on how to maintain the program. If you want to look and feel the healthiest ever, book a consultation.

## **What Can A Registered Holistic Nutritionist Help With?**

- allergies
- gluten free education for celiac or gluten sensitivity
- help reduce inflammation
- balance hormones
- digestive difficulties and healing your gut
- reducing fatigue, manage stress, and improve sleep

- eliminating headaches
- balancing blood sugar levels and eliminate cravings
- lifestyle and nutrition coaching for weight loss
- prenatal and postnatal nutrition
- guidance on how to achieve optimal health
- guidance on detoxification

**Other services provided by Stacey:**

*Grocery Store Shopping Trip* - a guided tour through your grocery store to educate you on the foods that you want to include and exclude from your diet. How to choose cost effectively and healthfully. Learn how to read labels and decipher mixed marketing marketing messages of food and packaging. Learn how to shop for a meal plan with a list designed for you. One hour: \$85

EAT WELL: *Private Cooking Class* - guidance on how to cook healthy, nutritious meals, that save you time and money and taste amazing. Cooking class in my home or yours. Group or individual classes offered and catered to your preferences. Gluten free cooking and baking, easy lunch ideas, kid friendly meals, simple dinner menus.