

# EMILY NELSON

nutritional therapy



| Services  | Description   | Pricing   |
|---|---|---|
| Initial Consultation                                      | <p>Assessment of intake forms:<br/>· 4 days of Food + Mood Journals<br/>· Initial Interview<br/>· Nutritional Assessment Questionnaire (NAQ)</p> <p>Client will leave session with a unique, actionable plan based on his or her bio-individual needs determined by personal health goals and the information gathered from the intake forms.</p> | <p>Please allow 60-90 minutes for initial consultations. All intake forms must be completed 2-days before each session.<br/>\$215</p>   |
| Follow-up Appointments                                    | <p>Client will provide updated Food + Mood Journals along with a new NAQ to track progress and decide next steps.</p>   | <p>Sessions take place 4-6 weeks after initial consultation and as needed. \$90</p>   |
| Check-ins via email, phone or skype as the client prefers | <p>1 check-in available before official follow-up appointments.</p>   | <p>Sessions are 30-minutes or less and are included with all appointment levels. No charge.</p>   |
| Lab Testing   | <p>Sometimes, in instances of stubborn chronic issues, complicated cases, or to gauge progress, it may be determined that lab testing is appropriate.</p> <p>Labs available: GI, Food Sensitivities (MRT), Blood Chemistry, Adrenal and Hormone</p>   | <p>\$150 + cost of lab tests, draw fees, and shipping if applicable.</p>  |
| Maintenance Packages                                      | <p>Includes weekly check-ins as needed and follow-up appointments (2-3 per 3-month period).</p>   | <p>3-months \$300*<br/>6-months \$500*<br/>9-months \$720*<br/>12-months \$900*<br/>*Not inclusive of Initial Consultation Fee or the cost of any lab testing or applicable fee</p> |