

# Nourishing Wellness

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**603-526-8162**



Linda Howes

Certified Nutritionist  
Holistic Health Practitioner  
Certified Body Ecologist  
[www.NourishingWellness.net](http://www.NourishingWellness.net)

Congratulations! In making your appointment you have taken an important step towards enhancing your health and vitality. My mission is to provide you with the information, resources, and encouragement you need to take comfortable steps towards healthy goals.

## **The Initial Office Visit**

Together we will seek to identify and remove the obstacles to health. Your consultation will be very thorough and will offer you guidance and support on your journey to better health. Please allow 2 hours for your 1<sup>st</sup> appointment and your prompt arrival is appreciated.

You will be provided with a dietary and supplement program tailored and customized toward your individual needs. Your evaluation process will include that which we discussed when you booked your appointment and may include:

- *BioEnergetic Assessment (BEA)* – a non-invasive computerized method of evaluating energetic imbalances in the body by measuring acupuncture meridian points on the hands and feet. Once these imbalances (or stressors) are identified we then customize a program utilizing nutritional, botanical, homeopathic, and other supportive therapies designed specifically for your goals and needs.
- *Nutritional Microscopy* – examines your health on a cellular level, allowing for a preventative approach and an assessment of imbalances which occur long before they become illness and disease.
- *Tissue Mineral Analysis (TMA)* – this biochemical analysis of your hair is a complete and comprehensive evaluation of significant minerals and toxic heavy metal levels and ratios. It is used to determine your metabolic tendencies and formulates a personalized eating plan and supplement recommendations based upon your unique needs. Be sure to note the names of the shampoos and hair products you use. Do not use hair spray or gels on your appointment day.
- *Dietary intake analysis and recommendations* – based on current scientific research.
- *Nutritional and lifestyle counseling* – to enhance your health and inspire wholeness of the body, mind and spirit.

## **What to bring**

- ☐ Completed Nutritional Consultation Questionnaire
- ☐ Completed Symptom Survey
- ☐ Completed Three Day Diet Diary
- ☐ Completed Insurance and HIPAA release form
- ☐ Signed Client Agreement
- ☐ All supplements and medications you are presently taking, in their bottles
- ☐ Paper and pen. I recommend that you take notes during all your visits
- ☐ Copies of any recent lab and test results

### **Fee schedule**

Payment is due when services are rendered. Fees are subject to change without notice.

|                         |         |
|-------------------------|---------|
| Consultation time       | \$80/hr |
| Nutritional Microscopy  | \$60    |
| Tissue Mineral Analysis | \$125   |
| TMA retest              | \$80    |

Additional laboratory services are available and based upon need.

Phone consultations are also available.

### **Cancellations**

If you must change an appointment, I ask that you do so as far in advance as possible by calling 603-526-8162. You will be charged for your appointment time if I do not receive at least 24 hours advanced notice. I appreciate your cooperation, as appointment time is limited and many, like yourself, are anxious for these services.

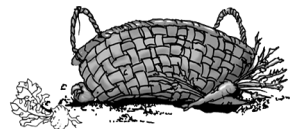
### **Insurance Coverage**

Some insurance companies are now recognizing and covering fees for nutritional services and preventative healthcare. To better serve your healthcare needs, I am now offering insurance billing receipts with specific coding and documentation for you to submit to your insurance company for possible reimbursement. There is a charge of \$5/claim for this service and is included in your insurance claim. If you'd like to utilize this service, be sure to complete the insurance form and bring your insurance card to your appointment for photocopying.

As a licensed and registered Certified Nutritionist and Holistic Health Practitioner I do NOT diagnose or treat any illness, disease or disorder. My goal is to assist the body's natural ability to heal itself. When given the proper support and removing the obstacles to health, the body in its infinite wisdom, will return itself to balance and harmony.

I deeply appreciate your referrals of family, friends and colleagues. Your referrals allow me to continue to offer a path to healing, and a way to facilitate change one meal at a time.

*Let the beauty we love be what we do.  
There are hundreds of ways to kneel  
and kiss the ground. Rumi*



Linda Howes, in practice since 1995, is a licensed Certified Nutritionist and board certified Holistic Health Practitioner, was employed in the natural products industry for over 25 years. She has guided many hundreds of people in her life-changing spring and fall cleanse classes offered throughout New England for over 18 years. She is a member of the National Association of Nutrition Professionals, the Price-Pottenger Nutrition Foundation, is a chapter leader for the Weston A. Price Foundation, and a Certified Body Ecologist. Linda is devoted to ongoing education so that she may continue to effectively make a difference in the health and lives of others.