



# Nourishing Wellness

Good health is a choice you can make today!

Congratulations! In making your appointment you have taken an important step towards transforming 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 guidance and support as you journey toward better health. Please allow 2 hours for your 1<sup>st</sup> appointment. Prompt arrival is expected and appreciated.

Your evaluation process will include:

- *Discussing your health concerns and goals*
- *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.

Your evaluation *may* also include:

- *Urinalysis* – measures a number of markers such as pH, hydration, glucose and more.
- Other labs depending on need.

## **What to share**

- ☐ Completed Nourishing Wellness Intake form and your 3-day diet diary.
- ☐ All supplements and Rx medications you are presently taking: including brand, product name and reason for taking. Please complete this section in your Intake Form.
- ☐ Any recent lab and test results.
- ☐ Your enthusiasm and willingness to take comfortable steps toward healthy goals.

## **Fee schedule**

Prepayment is required for a New Client appointment, otherwise payment is due when services are rendered. Fees are subject to change without notice.

New Client Office Visit	\$250	Established Client Office Visit	\$100/hr
<a href="#">SHAPE ReClaimed 5 visit Package</a>	\$600		
<a href="#">Tissue Mineral Analysis</a>	\$130	TMA retest	\$89

**Telehealth Consultations** are available by Zoom, a link will be shared with you.

## **Cancellations**

If you must change an appointment, I ask that you do so as far in advance as possible. You will be charged if I do not receive at least **48 hours** advance notice. I appreciate your cooperation, as appointment time is limited and many, like yourself, are wanting these services.

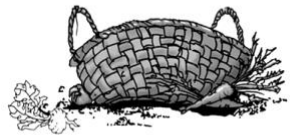
### **Insurance Coverage**

Some insurance companies are now recognizing and offering coverage for nutritional services and preventative health. Please contact your insurance provider to find out if your plan will reimburse for *nutritional counseling with an "out of network provider"*. If so, a receipt can be provided with the appropriate codes for you to submit directly for reimbursement. Many choose to use their HSA/FSA accounts for payment.

As a licensed and registered Certified Nutritionist and Holistic Health Practitioner I do NOT diagnose or treat any illness, disease or disorder. My purpose is to assist your body's natural ability to heal and my passion is to guide you to a healthier, happier life.

I deeply appreciate your referrals of family, friends and colleagues. Your referrals allow me to continue to offer a path to healing, and the way to a healthier future one person 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. Since 1993 she guided many hundreds of people in her life-changing spring and fall cleanse classes offered throughout New England. She is a member of the National Association of Nutrition Professionals, a chapter leader for the Weston A. Price Foundation, a Certified Body Ecologist and Certified SHAPE ReClaimed practitioner. Linda is devoted to ongoing education so that she may continue to effectively make a difference in the health and lives of others.