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www.maintainingyourhealth.co.nz

Clinic: c/- Serenity, 371 Gloucester Street, Taradale, Hawke's Bay

Welcome to **Maintaining Your Health (Whakatikatika Oranga)**. Thank you for choosing my clinic for your natural health care solutions, and your ongoing commitment to achieve your optimal health and wellbeing.

Natural Health works differently than orthodox Doctor medicine and you may witness results more slowly. I am a Holistic Practitioner and I have chosen a gentle approach which addresses all imbalances.

I anticipate approximately 1-3 months to see an improvement in your current state of wellbeing. Everyone has a choice and is a unique individual with a unique set of symptoms – no two people are exactly the same. Your success will require you to work closely with myself and be consistent with any suggestions made in your Wellbeing Plan. Restoring full health and attaining wellness is an exciting and sometimes scary process. I am dedicated to working together with you, supporting and holistically empowering you to begin your journey towards maintaining *your* own health. *This is my personal commitment to you.*

Your journey to wellbeing is full of rewards, including new found energy, vitality, awareness and understanding. The early stages are more intensive. Over time, as you achieve your goals, you will find the process of maintaining your optimal health and wellbeing simply becomes the way you live your life.

Please find attached your *Health Appraisal Questionnaire*, *Food Diary* for 7 days, and *What You Need to Know* information sheet. **It is very important to bring both the completed Health Appraisal Questionnaire and Food Diary to your 1st Naturopath appointment.** This will enable us both to keep to the stated consultation time and prevent further fee add-ons for extra time.

My Natural Health Clinic is located within Serenity, 371 Gloucester Street in Taradale, Napier. Opposite the Caltex Petrol Station. Free parking is available up the driveway behind Serenity.

I look forward to sharing your journey towards wellness on **Saturday 4 February at 9.30am.** *Cancellation policy applies, so if you find you cannot make it, please let me know within 48 hours and I will find you another suitable time.*

Regards

Bridgitt McNabb, MNZAMH, MRNZ
Naturopath, Medical Herbalist, Reflexologist and Lymphatic Drainage Therapist