

WHAT YOU NEED TO KNOW – TARADALE CLINIC

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. My goal is to empower you to heal yourself using natural health solutions.

NATUROPATHY addresses the underlying cause of dis-ease by empowering the client to take responsibility for their body's natural ability to restore and maintain a healthy balance.

All clients are required to fill out a **Healthy Appraisal Questionnaire and Food Diary** before the 1st consultation. This is a brief health appraisal which gives me an insight to any current imbalances

1st consultation = Adults = 90 minutes = \$140.00. Children (12yrs and under) = 60 minutes = \$60.00. This is where your main reason for consultation is discussed. Cost includes Welcome Pack, 1 x Flower Essence remedy (5+) and a brief Wellbeing suggestions to get started with. If you are deficient in any nutrients I will suggest an immediate supplement intake. All costs involved with your Wellbeing Plan are **exclusive** of my consultation fees.

Referral for blood testing may also be requested through your own Doctor or referral from myself. *(Any blood tests I refer you for are not subsidised by the HBDHB and are at your own cost which is not included in the consultation fee).*

2nd and consequent consultations = Adults = 60 minutes = \$60.00. Children (under 12yrs) = 60minutes = \$40.00. All necessary diagnostic clinical testing will be carried out.

A Wellbeing Plan is formulated, presented and discussed. This may consist of herbs (either liquid as a remedy or tablet), vitamins/supplements, nutrition, flower remedy, life style recommendations and reflexology. *My ultimate long term goal is to repair any imbalances and take you back to eating healthy foods.* If you are deficient in any nutrients I will suggest an immediate supplement intake. All costs involved with your Wellbeing Plan are **exclusive** of my consultation fees.

Further consultations – this depends on your current state of health. Generally I require to meet you again every 2-4 weeks. This is to check if you have any questions or concerns regarding your Wellbeing Plan, monitor your improvements and make changes where necessary.

CANCELLATION: cancellation fee applies to missed consultation charge. **48 hours cancellation notice required by telephone or in person only.** No reminder text or call will be made from Maintaining Your Health. *Notice of cancellation **will not be accepted** via email, text or message left with Serenity (cancellation fee will still apply).* Invoice for cancellation fee will be posted within 5 x working days of missed consultation. If no payment has been received after the 1st invoice, then Debt Collection will commence. *(I would like to think we would never reach this stage).*

PAYMENT: Exact Cash, Eftpos is available – sorry, no credit.

CREDIT: No credit will be given unless discussed prior with Bridgitt McNabb.

CELLPHONES: All cellphones and other electrical devices to be put on silent or turned off, unless an emergency. This is your valuable time to receive and achieve Wellness.

PARKING is free. Drive up behind Serenity.

CLINIC HOURS: Monday – Friday 9.00am – 6.30pm. Saturday 9am-3pm.

APPOINTMENTS can be made from Monday to Saturday, for the stated opening hours only, via phone, cell, text or email. Your call is important to me, if I am in clinic I will get back to you as soon as possible. All clients are asked to arrive at least 5 minutes early to catch their breath before consultation/treatment begins.

PRE-ARRANGED HERBAL REMEDY – if you have requested a repeat herbal remedy or it is mixed as part of your Wellbeing Plan and not collected – the price of herbal remedy will be invoiced to you.

PRODUCT SUPPLEMENTATION REQUEST – all requests for sourcing of product will require payment first before ordering.

LETTERS/FORMS - Referral or in Support. A fee of \$10.00 is charged.

GIFT VOUCHERS are available for all therapies.

WHAT MAKES MY CONSULTATION DIFFERENT?

I believe it's important to take the time to listen to your story. You'll be amazed how a simple tool as listening can make you feel heard, understood and empowered. By working together, my goal is to holistically empower you to begin your journey towards maintaining your own health and well-being.

Your Journey to Wellness Starts Here.

Regards



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