

The Wellness Weigh Program

The Wellness Weigh Program, is an Individualized Comprehensive Wellness Program utilizing integrative healthcare modalities that may include: clinical nutrition, botanical medicine, homeopathy, nutrition psychotherapy, wellness coaching, and a whole foods approach to treat compulsive eating, chronic dieting, binge eating, obesity, and holistic weight management. Dr. Shoemaker and Ms. Coulston will collaborate together to create a customized plan for each individual. Nutritional testing, functional medicine testing, and supplements are available at additional cost.

The Wellness Weigh Program includes *17 hours of expert consultation, counseling and education* with a Nutritional Psychotherapist and Doctor of Naturopathic Medicine. Our expert clinicians will design and assist you in implementing a personal program for success.

The Wellness Weigh Program includes:

12 individualized one-on-one consultations

8 phone (15 minute) consultations

3 (1.5 hours) visits with Nutritional Psychotherapist

3 (1.5 hours) visits with Doctor of Naturopathic Medicine

3 (1.0 hour) visits with Nutritional Psychotherapist

3 (1.0 hour) visits with Doctor of Naturopathic Medicine

4 (15 min) phone consultations with Nutritional Psychotherapist

4 (15 min) phone consultations with Doctor of Naturopathic Medicine

The Wellness Weigh Program Investment

\$2,005.00 total cost

Prepaid Savings - 10% +

\$1,795.00 total cost

The Wellness Weigh Program PLUS

The Wellness Weigh Program, is an Individualized Comprehensive Wellness Program utilizing integrative healthcare modalities that may include: clinical nutrition, botanical medicine, homeopathy, nutrition psychotherapy, wellness coaching, and a whole foods approach to treat compulsive eating, chronic dieting, binge eating, obesity, and holistic weight management. Dr. Shoemaker and Ms. Coulston will collaborate together to create a customized plan for each individual. Nutritional testing, functional medicine testing, and supplements are available at additional cost.

The Wellness Weigh Program includes *22 hours of expert consultation, counseling and education* with Jessica Shoemaker, Doctor of Naturopathic Medicine, and Deborah Coulston. Our expert clinicians will design and assist you in implementing a personal program for success. In addition, phone consultation and coaching is available to provide necessary support.

The Wellness Weigh Program PLUS incorporates the Wellness Weigh Program and also provides a body-centered approach to assist you in reaching your goals, including stress reduction training, massage therapy, yoga therapy, yoga instruction, and deep relaxation classes. Our team will assist you in implementing a daily program to provide stress reduction, enhance body image/acceptance, and create a daily exercise program.

The Wellness Weigh Program PLUS includes:

16 individualized one-on-one consultations

10 phone (15 minute) consultations

3 (1.5 hours) visits with Nutritional Psychotherapist

3 (1.5 hours) visits with Doctor of Naturopathic Medicine

3 (1.0 hour) visits with Nutritional Psychotherapist

3 (1.0 hour) visits with Doctor of Naturopathic Medicine

2 (1.0 hour) sessions with Private Yoga Therapy/Instruction

2 (1/2 hour) sessions with Massage Therapist

1 (1.5 hour) private Deep Relaxation Class

2 (1.25 hour) yoga classes

5 (15 min) phone consultations with Nutritional Psychotherapist

5 (15 min) phone consultations with Doctor of Naturopathic Medicine

The Wellness Weigh Program PLUS Investment

\$2,370.00 total cost

Prepaid Savings - 10%

\$2,133.00 total cost