



**When was the last time that you felt really well? When did you last wake up totally refreshed? When did you complete a day without crashes in your energy or your mood? When the decision of what to eat wasn't a continual battle? When life didn't feel like never ending stress?**

Are you looking to optimize gut health, improve energy levels or interested in female nutrition?

At present the pharmaceutical approach to managing chronic illness has not been successful in reducing the rising burden of type 2 diabetes, autoimmune disease, certain cancers, dementia, and cardiovascular disease.

The approach of treating one disease with one remedy, or the 'pill for an ill' approach used both in the medical and alternative fields is outdated and it is time to change. I prefer to call myself a health and well-being strategist who will look at your history taking into account all antecedents and triggers, which is part of the functional medicine model.

In contrast to conventional care, which often can focus too much on symptom suppression, without dealing with the cause of the symptom, functional medicine aims to eliminate symptoms by identifying and addressing the underlying cause of a problem.

What we are looking for most in sessions with clients is for the client to be able to tell their story as to how their health may have deteriorated. We then present a mind map as to the reasons why the patient may have reached this stage. Using this map, we collaboratively agree on a goal map.





## Our Risk-Free Guarantee

We all have barriers or reasons why we don't make improvements in our health. For a lot of people the barrier is uncertainty. What happens if you do the hard work and make the changes but don't get the results? I don't want this to be the reason stopping you becoming healthy and because of this we offer a guarantee: If at the end of working together you aren't 100% happy with the results we will refund you. Just demonstrate that you have followed our advice and it hasn't improved your health and what you came to see us for and we will refund all your money for consultations, (less our clinic costs).

## Consultation Step1:Preconsultation

Before we have a have a consultation, we like to have a free 20 minute chat with prospective patients to ensure that my services are appropriate to their needs. After arranging the consultation, you will be emailed a questionnaire and food diary to fill out and email me back in advance of our session. The completed questionnaire should be emailed back at least 48 hours before our session.

This enables me to build a preliminary picture of your health and also gives me an opportunity to research any specifics points raised on the forms where appropriate.

The first consultation lasts 60-75 minutes. During the initial consultation we will gather a detailed picture of your health by asking various questions and using non-invasive diagnostic techniques.





The protocol will include the following: An explanation of how your dietary and lifestyle habits may be contributing to your symptoms A bespoke dietary and lifestyle program designed specifically to your needs. Personalized dietary supplement and/or herbal medicine programme .

### Step3:Follow-up Consultations

Follow up consultations are booked in at the end of your initial consultation and last 30-45 minutes. These are used to check on progress, make adjustments where necessary and evaluate test results.

Give Lisa A Call On 508-488-9338

[www.thewellnessrd.com](http://www.thewellnessrd.com)

