

WHAT TO EXPECT:

VISIT TYPE	DURATION	COST (\$)	WHAT TO EXPECT
INITIAL CONSULTATION	60-90 MIN	\$180	<ul style="list-style-type: none"> ▪ DISCUSS HEALTH CONCERNS AND MEAL PREFERENCES
SECOND VISIT	45 MIN	\$125	<ul style="list-style-type: none"> ▪ CREATE STARTER MEAL PLAN (1 WEEK) <ul style="list-style-type: none"> ○ CUSTOMIZED WEEKLY MEAL PLAN E-MAILED TO YOU <ul style="list-style-type: none"> ▪ TAILORED TO YOUR DIET PREFERENCES ▪ SPECIFIC NUTRIENTS/FOODS SUITABLE FOR YOUR HEALTH CONCERN ○ GROCERY LIST ○ DELICIOUS RECIPES WITH PICTURES ○ PREP GUIDE ○ NUTRITION FACTS
	60 MIN	\$170	<p>ALL OF THE ABOVE PLUS:</p> <ul style="list-style-type: none"> ▪ NATUROPATHIC STARTER TREATMENT PLAN TAILORED TO YOUR HEALTH CONCERNS <ul style="list-style-type: none"> ○ OTHER DIETARY/LIFESTYLE INTERVENTIONS/RECOMMENDATIONS ○ HERBS/NUTRIENTS RECOMMENDED ○ DISCUSS RECOMMENDED LAB TESTING
ONGOING FOLLOW-UPS RECOMMENDED: EVERY 2-3 WEEKS (OR AS NEEDED)	30 MIN	\$85	<ul style="list-style-type: none"> ▪ NEW MEAL PLAN CREATED (1 WEEK) AT EACH VISIT
	45 MIN	\$125	<p>ALL OF THE ABOVE PLUS:</p> <ul style="list-style-type: none"> ▪ NATUROPATHIC FOLLOW-UP FOR 1 MINOR CONCERN OR ▪ REVIEWING OF A FEW LABS
	60 MIN	\$170	<p>ALL OF THE ABOVE PLUS</p> <ul style="list-style-type: none"> ▪ NATUROPATHIC FOLLOW-UP FOR 1-2 MINOR CONCERNS OR 1 MAJOR CONCERN OR ▪ REVIEWING OF EXTENSIVE LABS



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