



Dragonfly Holistic Healing

Integrating Body Mind and Soul

1. Adults and Children's Nutritional Consultation

Sometimes just small changes in a diet or lifestyle can make a massive difference in current and future health. Become more aware of the effects of certain additives and types of foods. Learn how to strengthen the body's immunity, slim down, increase vitality, and improve body function through adding certain foods, vitamins, minerals and supplements to a daily regime that is achievable.

Note: Those that would like to change major addictions; such as cigarette smoking, food or excessive alcohol intake may want to consider a homeopathic consultation first to address and adjust the mindset behind the cause of the addiction.

Adult 1 ½ hrs..... \$150 Children 1 ½ hrs..... \$125 Follow-Ups \$100 Adults, \$75 Children

2. Homeopathic Consultation

Extraordinarily, current day medicine rarely takes the mind into consideration. Our mind is extremely powerful. It can affect our behavior, emotions, health and performance when it is out of balance. Through our ever changing world and personal environment, it is inevitable that our 'energy state' becomes altered. Have you ever woken up and thought to yourself, "I just don't feel right, I just don't feel myself." Or are you currently experiencing a major life change, ie relationship, death, health crisis or job change. Use Homeopathy to readjust the body and mind to a more balanced state. This form of medicine originated in Europe over 200 yrs ago and uses a wide variety of substances in dilute doses to stimulate the body's natural ability to heal itself. It is safe for everyone including pregnant woman, babies, seniors and even your pet! The effects can be extraordinary!

Time 1 ½ hrs..... \$150 with follow up consult of between ½ - 1 ½ hrs.....\$75 - \$125

3. Fasting and Colon Cleansing

Learn the importance of giving the body a rest and recharge; one it deserves and needs through fasting. This consultation educates on the physiological changes the body goes through while refraining from solid forms of food. Detailed information is provided to fast responsibly, with confidence and knowledge in many areas. Learn where to go, what to expect and how the program works. Furthermore, learn how cleaning the colon can assist this process and be fabulous for improving overall function of the body. Time 1 ½ hrs..... \$150.00 or \$200 per couple.

Note: This is not a personal consultation for the individual's health but can be coupled with other consultations.

4. Detoxification Program

Heavy metals, air pollution, pesticides, food additives, normal metabolism and stress can all cause toxins to build up in the body. These can cause all kinds of havoc in the body; everything from muscle pain and disease to foggy brain and fatigue. These need to be removed from the body to allow the internal organs, such as the liver and kidneys, to function properly. Learn how to detoxify the body on a tailored program through alteration of diet, addition of homeopathics and herbal remedies.

Time 1 ½ hrs..... \$150.00 \$100 as follow up consult

5. Men's Health Consultation

With life's demanding schedule and the stresses of work, family, social and exercise schedules health can sometimes fall by the wayside. This consultation is tailored to a man's specific needs. A daily support system is created depending on the individual's type of lifestyle and health history. Many men have been extremely pleased with the approaches taken and their results not only on a physical level but a mental one as well.

Time 1 ½ hours for first consultation..... \$150 Follow-ups\$100

6. Fertility

The joining of male and female to make a new life is definitely an exciting, important and wonderful experience. Whether you are planning to have a baby in the future or whether you have been inviting pregnancy for awhile and have not yet conceived, this is a consultation you may want to consider. Learn the importance of adding certain nutrients and supplements to your diet before and during conception. Review basic physiology that is not always given by the doctors and may make a difference in actually conceiving. Time 1 ½ hours..... \$150

NOTE: Conception obviously takes two people, it is highly recommended that nutritional advice for the male is considered as well. Total Time for both male and female 2 hrs\$200. Furthermore, if interested, the male and female can come for a complete homeopathic consultation separately at a discounted package rate.

7. Pregnancy

Pregnancy should be a beautiful and healthy experience. Address any physical or mental issues you may have during this special time of life such as, fatigue, depression or morning sickness. Learn the importance of certain nutrients to add to a mother's diet not only for a growing fetus but for the maintenance of the mother's body as well. Time 1 1/2hr.....\$125

Note: Clients need to understand that at any time during pregnancy and especially during the first trimester, there will be nothing suggested that could alter the state of the pregnancy in a negative way.

8. Addressing a Specific Health Problem

This is a consultation which offers the client a chance to address a specific disorder of the body. For instance, high blood pressure, eczema, depression, fatigue, cancer, thyroid issues, constant colds, etc. Depending on the severity of the situation, there may be a certain number of consultations suggested to properly discover and remove the root of the problem. Time required and consultation fee upon request.

9. Personal Preference

For the client that has a personal request that is not listed above. Or for the client that would like to discuss a specific package including a variety of consultations.

10. Follow – Up Consultations

Follow – Up Adult	30 minutes.....\$50	1 hr.....\$100	1 ½ hrs\$125
Follow – Up Children	30 minutes.....\$50	1 hr\$75	