

## \*ISIS Holistic Nutrition & Colon Hydrotherapy

*“Making a Difference....one person at a time!”*

### LIST of SERVICES & RATES

#### Nutritional Consultations etc.

Where do I go from here ? - ½ hr. \$40.00

This consultation determines the best treatment protocol for the client while keeping their objective as the focus. We discuss diet, subtle supplementation & lifestyle changes, possible weight-loss & detox programs etc.

NUTRITION 101 - 1 hr. \$70.00

This consultation covers the basics. Learn about; \*Proper food combining, \*WATER 101, \*How to make healthier food choices-with suggestions provided, (even snacks!) \*How to read labels & better understand the ingredients they *sneak in*. \*Plus other suggestions & topics covered. Hand-outs provided.

\*Escorted grocery shopping, \*Pantry & fridge “clean-up” also available.

The COMPLETE Nutritional Consultation - 2hrs. (plus 45 min. follow-up) \$200.00

This consultation assesses the unique dietary & nutritional requirements of an individual. I customize a *naturopathy program* for the client including; diet & lifestyle, subtle supplementation, detox options & drainage. I also act as your personal coach & cheerleading section! Hand-outs provided.

#### COLON HYDROTHERAPY

4 treatment package - \$310.00 (reg. \$340)

3 treatment package - \$240.00 (reg. \$255)

1 treatment - \$85.00

1 treatment (2 month maintenance) for existing clients - \$80.00

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