



Dr. Doni's Leaky Gut and Digestive Solutions Package

Who is this package for?

This special 6-month naturopathic treatment package is for patients who have either been diagnosed with leaky gut syndrome, are experiencing unexplained symptoms that may be caused by leaky gut, and seeking natural remedies and solutions for digestive health.

The aims of this Leaky Gut and Digestive Solutions Package are to:

- 1) Determine whether your **symptoms have their origins** in leaky gut through carefully selected tests for **food sensitivities**.
- 2) Design a **natural remedy plan** that will **reverse your symptoms** and restore your quality of life.
- 3) Provide you with **all the tools** you need to implement your remedy plan easily.
- 4) Design a **long-term lifestyle and dietary regime** to make sure your symptoms don't return, and to help you stay healthy after you have recovered.

What is leaky gut?

Leaky gut (also known as intestinal permeability) exists when the cells lining the small intestine are not as healthy as they ought to be and are allowing undigested food, bacteria and other substances to leak through the intestinal lining into the underlying tissue.

In an optimal state, only nutrients and water are allowed through the intestinal lining. When leaky gut occurs, the immune system reacts as a protection mechanism, leading to inflammation that can spread from the digestion throughout the body.

The result of leaky gut is that food sensitivities (non-allergic immune responses to food) develop, which can cause a range of symptoms in your body.

If you continue to ingest the foods your body is rejecting, you can cause extreme damage to your intestinal lining. When that happens, your symptoms can become debilitating, and your health can feel like it has spun completely out of control.

Extensive research has shown that leaky gut is caused by stress, pesticide exposure (from non-organic foods), and gluten (the protein in wheat, barley, spelt and rye), as well as from antibiotics, antacids and other medications.

Unfortunately, very few mainstream medical practitioners will test you for food sensitivities or investigate whether you actually have leaky gut.

Also, as so many of the symptoms don't "look" like digestive issues, they might not even think to look there. Instead, they will usually prescribe medicine (or surgery) to address the symptoms. But without healing the underlying cause, these symptoms are almost certain to persist and even increase.

What makes Dr. Doni's approach to Leaky Gut and Digestive Issues different?

As a naturopathic doctor, Dr. Doni looks at your whole body to determine the underlying cause of your leaky gut problems.

She knows leaky gut is not a “black or white” condition, but a spectrum; in other words, patients can have mild, moderate or severe symptoms. Thus, it is important to work with someone who can not only diagnose the *exact* nature of your condition and know how to treat it appropriately, but also provide you with the tools and resources to enable you to take back your health.

After determining what is causing your leaky gut through carefully selected tests, Dr. Doni will work with you to address your problem through diet, nutrients and herbs, so that your body will be able to heal your intestinal lining.

Recovery can take anywhere from **three months to two years** depending on the severity of your condition and the approaches used to heal it.

From experience, Dr. Doni knows that **those who faithfully follow the COMPLETE healing protocol** are the ones who are most likely to *recover completely and permanently*, without the risk of becoming a slave to prescription medication.

For all these reasons, Dr. Doni has developed this *naturopathic Leaky Gut and Digestive Solutions Package*.

Symptoms of leaky gut you might be experiencing

Many people suffer for years with leaky gut without knowing this is what they have.

The reason doctors fail to diagnose it is that there are **over 200 symptoms** that might have their origins in leaky gut. That is why it is better to think of leaky gut as a **syndrome**, rather than a “condition”.

While everyone is different, here are **some of the most frequent symptoms** of leaky gut syndrome:

- 1) Digestive issues; irritable bowel syndrome (IBS)
 - Recurring skin rashes or skin allergies
 - Headaches; migraines
 - Achy joints; fibromyalgia
 - Chronic fatigue
 - Mood issues, such as anxiety, depression, or irritability
 - Unexplained weight gain
 - Insulin production issues; insulin resistance, PCOS, diabetes
 - Thyroid issues and Hashimoto's thyroiditis
 - Fatty liver disease
 - Autoimmune conditions, such as lupus, rheumatoid arthritis, and M.S.
 - Many others

Book your first appointment via email at schedule@doctordoni.com or online at <https://doctordoni.com/schedule>

As you can see, many of the symptoms SEEM to be unrelated to the stomach. This is why so many people suffering from leaky gut reach a point of desperation. They feel like they are "falling apart", but nothing their doctors give them makes them feel any better.

They can sometimes feel like their doctors think it's "all in their heads", when actually the underlying issue lies in their intestinal lining.

Why Is a Treatment 'Package' better than 'a la Carte'?

This package costs significantly less than the same treatment 'a la carte'. What's more, patients who commit to a 6-month package like this tend to *stick* to their health regime more faithfully, thus increasing their chances for better results.

What is included in this Leaky Gut and Digestive Solutions treatment package?

TESTING

In this package, you will take the following tests* to determine your health needs:

- IgG and IgA food sensitivities panel for 96 foods

Additionally, you may also need to do a stool panel and/or a panel to assess for cortisol, adrenaline and neurotransmitter levels, either through our offices or independently. Some additional blood work may also be required (example: metabolic panel, thyroid, etc.), which can be done either through your doctor or through Dr. Doni's office.

**If you have recently done any of these tests, you will not need to do them again. Simply ask your doctor to send the test results to Dr. Doni's office. The price of your package will be adjusted accordingly.*

CONSULTATIONS (5)

You will have FIVE private sessions with Dr. Doni, spread out over a 6-month period. These include:

- ONE initial 60-minute consultation to discuss your condition and arrange for your testing to be done.
- TWO 30-minute sessions to go through the tests and give recommendations for treatment.
- TWO 15-minute sessions to assess progress, adjust regime and/or address other issues that may arise.

Additional consultations may be added to the package as needed.

Patients are responsible for scheduling all consultations and follow-ups either via email (schedule@doctordoni.com) or online at <https://doctordoni.com/schedule>. We recommend scheduling well in advance to ensure availability at your preferred time.

KINDLY NOTE: All consultations must be completed within the agreed 6-month package timeframe.

SUPPLEMENTS and NUTRIENTS

While this package does NOT include supplements, it entitles you to a 10% discount on ANY supplements you purchase from Dr. Doni during your six months of work together.

Book your first appointment via email at schedule@doctordoni.com or online at <https://doctordoni.com/schedule>

EXTRA GOODIES

As part of your package, you will also receive:

- A summarized list of foods for you to avoid based on your results
- A paperback copy of Dr. Doni's book *The Stress Remedy* (retail value \$25)
- Three weeks' worth of daily 'Stress Remedy' health tips (via email) to support you with any diet and health changes you make during your program (retail value \$47).

ADDITIONAL SUPPORT

This package also includes email support (during office hours only), where you can email brief questions in between your consultation sessions. Dr. Doni or a member of her team will aim to reply within 48 hours.

Do I Need to Come to Your Office?

Most patients do, but some prefer to meet 'virtually' (on phone or HIPAA compliant video call), especially if they live far away.

How Much Does this Package Cost?

The total cost of this 6-month package is \$1,650. You may opt to pay in two installments: \$1,100 upon your first visit, and the balance of \$550 one month later.

NOTE: Much of this fee is to cover the **cost of the tests you will be taking**. If you have already had a complete genetic profile test in the past, or you have recently had any of the other tests listed above, you will not necessarily need to do them again, and the cost of your package will be reduced accordingly.

THIS PACKAGE gives you \$277 in savings over 'a la carte' pricing for the same services, PLUS you receive the added benefit of 10% off ALL your supplements for six months.

How Do I Get Started?

Simply book your first appointment by sending an email to schedule@doctordoni.com, or by using the online booking form at <https://doctordoni.com/schedule>. During your initial consultation, you and Dr. Doni will determine which package is the most appropriate for your health needs.

Read about Dr. Doni on next page →



About Dr. Donielle (Doni) Wilson, Naturopathic Doctor



DR. DONI WILSON, N.D. is a Doctor of Naturopathic Medicine, natural health expert, nutritionist and midwife. She specializes in gluten sensitivity, intestinal permeability, adrenal stress, insulin resistance, neurotransmitter imbalances, hypothyroidism, women's health issues, autoimmunity and genetic variations called "SNPs", which can have a profound impact upon your health. For nearly 20 years, she has helped women, men and children overcome their most perplexing health challenges and achieve their wellness goals by crafting individualized strategies that address the whole body and the underlying causes of health issues.

DR. DONI is the creator of *The Hamptons Cleanse* and author of *The Stress Remedy: Master Your Body's Synergy & Optimize Your Health* as well as the bestselling e-book *Stress Remedies: How to Reduce Stress and Boost Your*

Health in Just 15 Minutes a Day.

Her professional affiliations...

- American Association of Naturopathic Physicians (past board member)
- New York Association of Naturopathic Physicians (president and executive director 2003 - 2013)
- American Association of Naturopathic Midwives (past board member)
- Connecticut Naturopathic Physicians Association
- Pediatric Association of Naturopathic Physicians
- Association for the Advancement of Restorative Medicine

Read Dr. Doni's article series on Leaky Gut at:

<http://bit.ly/Leaky-Gut-Series>

To set up your first appointment, send an email to schedule@doctordoni.com,
or use the online booking form at <https://doctordoni.com/schedule>.

During your initial consultation, you and Dr. Doni will determine which package
is the most appropriate for your health needs.

LEGAL DISCLAIMER: Dr. Doni's naturopathic approach is not intended to replace your regular medical care, nor is the information provided intended to diagnose disease. Rather, it is intended to support and enhance any medical treatment you may already be undergoing, or fill in the gaps that might be missing in your regular treatment regime. All testing and treatments are processed in our Connecticut office at 30 Myano Lane, Suite 26, Stamford, CT, 06902.