



Dr. Doni's MTHFR and Genetic Mutations Solutions Package

Who is this package for?

This special 6-month naturopathic treatment package is for patients who have either been diagnosed as having an MTHFR mutation or another genetic mutation, OR who suspect they might have a genetic mutation but have not yet been tested and are seeking a natural remedies and solutions.

The aims of this MTHFR and Genetic Mutations Solutions Package are to:

- 1) **Identify your unique genetic health profile** through carefully selected DNA tests.
- 2) Ensure you understand your genetic mutations (also called SNPs), so you can **take control of your health**.
- 3) Show you **which nutrients your body needs** to address your SNPs.
- 4) Design a **natural remedy plan** that will **reduce or eliminate your symptoms** and restore your quality of life.
- 5) Design a long-term **preventative health regime** that can help you **avoid serious illness** (cancer, Alzheimer's, heart disease, auto-immune disorders, etc.) and **lessen the likelihood of needing medications and/or invasive surgical procedures** (gall bladder surgery, cataracts, LEEP procedure, etc.) later in life.

Why genetic mutations?

MTHFR and other genetic disorders can seriously affect your nervous system, your endocrine system (your hormones), your immune system and your digestive system. This can cause a range of life debilitating symptoms as well as make you prone to certain diseases.

Many conventional doctors are not looking at your genetics when you present certain symptoms. Fewer still know how to identify and address genetic mutations. Of those, even fewer will treat your condition *naturopathically*. This is why Dr. Doni has developed this comprehensive package.

Symptoms you might be exhibiting

Everyone is different, but most patients will exhibit one or more of these MTHFR or genetic mutation symptoms:

- Chronic/recurring headaches or migraines
- Chronic fatigue
- Miscarriage(s)
- Abnormal pap smear
- Infertility
- Hormonal imbalances (thyroid, ovarian, adrenal, pancreatic, etc.)
- Auto-immune issues
- Chronic digestive issues
- Anxiety and/or depression

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- Brain fog
- Irritability
- Sleep issues
- Aches and pains (including fibromyalgia or arthritis)
- Difficulty focusing and/or difficulty with memory

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 Package?

TESTS

In this package, you will take the following tests*:

- Complete genetic profile with report on over 150 genes related to detoxification, methylation, metabolism, health risks, and response to drugs and the environment (saliva test) **
- Salivary cortisol panel (tested four times over a 24-hour period)
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- Organic acids panel
- IgG and IgA food sensitivities panel for 96 foods

Additionally, you may also need to do a methylation panel (blood test) 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.*

*** To enable Dr. Doni to analyze your genetic health profile, you will need to purchase a DNA test directly from [23AndMe.com](https://23andme.com). Dr. Doni will tell you how to do this at your first consultation.*

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 45-minute sessions to go through the tests and give recommendations for treatment.
- TWO 30-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.

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KINDLY NOTE: All of the above consultations must be completed within the agreed timeframe of the package. Additional consultations may be added if needed.

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.

EXTRA GOODIES

As part of your package, you will also receive a paperback copy of Dr. Doni's book *The Stress Remedy* (retail value \$25) plus 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 \$2,695. You may opt to pay in two installments: \$2,000 upon your first visit, and the balance of \$695 at the beginning of month 2.

NOTE: Much of the initial fee is to cover the cost of your tests. Again, if you have recently done any of the 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 \$269 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 the 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 10-part article series on MTHFR and genetic mutations:

<http://doctordoni.com/genetic-mutations>

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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.