



Dr. Doni's Natural Sleep Solutions Package

Who is this package for?

This special 6-month naturopathic treatment package is for patients whose lives are negatively affected because they cannot fall asleep and/or stay asleep at night and are seeking a natural sleep remedies and solutions.

Please note this is not designed for patients who have been diagnosed with obstructive sleep apnea.

The aims of this Natural Sleep Solutions Package are to:

1. **Identify the underlying cause of your sleep issues**, through carefully selected tests.
2. Ensure you understand the real reasons why you cannot sleep, so you can **take control of your health**.
3. Show you **which nutrients your body needs** to address your sleep problems.
4. Design a **natural remedy plan** that will **reduce or eliminate your symptoms** and restore your quality of life.
5. Design a **long-term health regime** to help you maintain high-quality sleep, which can also be instrumental in helping **SOLVE a range of other underlying health issues**, and make your overall life **happier and healthier**.

Why does Dr. Doni offer a special package JUST for sleep issues?

SLEEP is one of the most natural things in life. But unfortunately, it's a huge problem for so many people.

What you might not realize is your insomnia or other chronic sleep problems may be caused by (or be symptoms of) many other health conditions.

Poor sleep cannot always be excused away by saying, 'I have a lot on my mind.' **It could be due to a hormone imbalance or food sensitivities, or you might have blood sugar issues or irregularities in your neurotransmitters.**

Unless you actually **KNOW** what is causing you to have poor quality sleep, you don't know what to do about it.

That is why Dr. Doni has devised this special 6-month Natural Sleep Solution Package, using only natural sleep remedies and lifestyle changes. By the end of your 6-month package, Dr. Doni wants you to be sleeping better AND feeling better during your waking hours.

Just imagine what getting a good night's sleep every night for the rest of your life—without alcohol or drugs—could do for your quality of life.

Symptoms you might be exhibiting

Everyone is different, but most patients with sleep issues will exhibit one or more of these symptoms:

- Inability to fall asleep and/or stay asleep at night
- Feeling unrefreshed upon rising in the morning
- Tiredness, drowsiness or feeling the need to take a nap during the day
- Tossing and turning; unable to 'switch off' at night

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- Recurring headaches
- Frequent infections (including bladder, sinus, etc.)
- Frequent colds or flu
- Food cravings, especially for carbohydrates and caffeine
- Uncontrollable or unexplained weight gain
- Aches and pains (including fibromyalgia or arthritis)
- Anxiety, overwhelm or low mood
- PMS, irritability or being prone to mood swings
- Brain fog while trying to work
- 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 Natural Sleep Solutions treatment package?

TESTING

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

- 4-timed salivary cortisol panel
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- Salivary melatonin test
- IgG and IgA food sensitivities panel for 96 foods

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.
- ONE 45-minute session to go through the tests and give recommendations for treatment of cortisol, neurotransmitter issues, etc. using natural sleep remedies.
- ONE 30-minute session to assess your progress and make adjustments to your regime, if necessary.
- TWO 15-minute sessions to assess your progress, make adjustments to your regime, create an ongoing maintenance plan, and to look at other issues that may not have been covered during this course of treatment.

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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 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 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 \$2,100. You may opt to pay in two installments: \$1,500 upon your first visit, and the balance of \$600 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 \$295 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

Check out Dr. Doni's book, *Insomnia: A Natural Guide to Better Sleep*

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or use the online booking form at <https://doctordoni.com/schedule>.

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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.*