



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 natural sleep remedies and solutions.

Why do I have sleep problems?

SLEEP is one of the most natural things in life; yet falling and staying asleep is a huge problem for so many people. Poor sleep cannot always be excused by saying, "I have a lot on my mind." Chronic sleep problems can be caused by (or be a symptom of) many other health conditions, such as **hormone imbalances, food sensitivities, blood sugar fluctuations or irregularities in your neurotransmitters.**

Poor sleep can also *cause* you to be more susceptible to a variety of health problems.

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; inability to "switch off" at night
- Recurring headaches
- Frequent colds, flu or other infections (bladder, sinus, etc.)
- Food cravings, especially for carbohydrates and caffeine
- Uncontrollable or unexplained weight gain
- Aches and pains (including fibromyalgia or arthritis)
- Mood issues; PMS; irritability; anxiety; overwhelm; depression
- Brain fog; difficulty focusing; memory difficulties

What makes Dr. Doni's approach different?

Most mainstream doctors will prescribe medication to patients with sleep problems. Other patients might self-medicate with over-the-counter drugs. But drugs do nothing to address to **root cause** of your sleep issues; and taking them too often can result in drug dependency and side effects such as fatigue and memory issues.

In contrast, when you embark on this comprehensive sleep solutions package, Dr. Doni will arrange several diagnostic tests to help **discover what is causing your sleep difficulties.** Based on these findings, she will then **design a treatment plan** for you, using only **natural remedies** and **lifestyle changes.** By the end of your 6-month package, you should be sleeping better AND feeling better during your waking hours, greatly improving your quality of life.

Why is a “package” better than “a la carte”?

There are several advantages to choosing one of Dr. Doni’s consultation packages:

- All treatment packages **cost significantly less** than the same services “a la carte”.
- You will be entitled to a **10% discount on ANY supplements** purchased from DrDoniStore.com for the duration of your package.
- You will have access to a **private Facebook group**, where you can **ask questions (and get answers!)** about your health issue, share experiences with other patients, and take advantage of **special “members only” discounts on health supplements** (for the duration of your package).
- You will receive a free paperback copy of Dr. Doni’s book ***The Stress Remedy*** (value \$25).
- You will receive the Stress Remedy Program daily **health tips** by email for 21 days, including the **21-day meal plan and recipes**.
- Best of all, patients who commit to a 6-month package **tend to stick to their health regimen more faithfully**, thus increasing their chances for better results.

What is included in this treatment package?

TESTING/HEALTH PANELS

In this package, the following panels are included*:

- 4-timed cortisol panel
- Melatonin level
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- IgG and IgA food sensitivities panel for 96 foods

Some additional blood work may also be required (e.g. 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 necessarily 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 consultations with Dr. Doni, spread out over a six-month period. These include:

- ONE comprehensive 60-minute consultation to discuss your health issues and individualize your plan.
- ONE extended 45-minute consultation to go through the results of your health panels, discuss progress and give recommendations.
- TWO regular 30-minute consultations to assess progress and make any necessary adjustments to your regimen.
- ONE brief 15-minute consultation to create an ongoing maintenance plan and discuss any other issues.

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

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. Additional consultations may be added as needed.

SUPPLEMENTS and NUTRIENTS

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

ADDITIONAL SUPPORT

You will have access to a **private Facebook group**, where you can **ask questions (and get answers!)** about your health issues and treatment program, **share experiences** with other patients, and take advantage of **special offers** on health supplements, available only to members of the group.

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)

Do I need to come to your office?

Most patients do, but some prefer to meet "virtually" (by 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 \$2,547. You may opt to pay in two installments: \$1,700 upon your first visit, and the balance of \$847 one month later.

THIS PACKAGE gives you \$285 in savings over "a la carte" pricing for the same services, PLUS 10% off ALL your supplements for 6 months, and access to the private Facebook group.

NOTE: Much of the initial fee is to cover the cost of your health panels. If you have recently taken a food sensitivities test, ask your doctor to send the results to Dr. Doni's office, and the price of your package will be reduced accordingly.

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 Stress Remedy Program 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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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 regimen. All testing and treatments are processed in our Connecticut office at 30 Myano Lane, Suite 26, Stamford, CT, 06902.