



## Dr. Doni's Autoimmunity Solutions Package

### Who is this package for?

This special 6-month naturopathic treatment package is for patients suffering from symptoms of autoimmunity/autoimmune disease, such as Hashimoto's thyroiditis, Celiac disease and rheumatoid arthritis. This package is also perfect for patients who have fatigue, fibromyalgia, endometriosis, chemical sensitivities, allergies, dementia and/or signs of oxidative stress, or who have a family history of such conditions and wish to prevent them from arising in themselves.

### What is autoimmunity?

Your immune system is designed to attack "foreign invaders" that enter your body, such as unhealthy bacteria, viruses, toxic substances, and allergens. In some cases, however, your immune system can become confused and start **destroying cells of your body's tissue or organs**, mistaking them for foreign cells. We call this malfunction "autoimmunity," meaning **your body is essentially attacking itself** ("auto"). Left unaddressed, autoimmunity can cause many debilitating – and sometimes life-threatening – conditions.

### What conditions can autoimmunity cause?

**Over 100 serious health conditions are autoimmune in origin.** And more are being added to the list each year as research reveals autoantibodies involved in the pathogenesis. Each condition affects you differently, depending on which part(s) of your body your immune system is attacking. Some of the most common autoimmune conditions are:

- Type 1 diabetes
- Rheumatoid arthritis
- Hashimoto's disease
- Grave's disease
- Multiple sclerosis
- Lupus
- Behcet's syndrome
- Celiac disease
- Crohn's disease
- Myasthenia gravis
- Psoriasis

Additionally, recent studies show these conditions are **at least in part** related to autoimmunity:

- Fibromyalgia; chronic pain syndrome
- Chronic fatigue syndrome
- Alzheimer's disease
- ALS (amyotrophic lateral sclerosis)
- Endometriosis

## What symptoms could be signs of an autoimmune issue?

While each of the conditions listed above has its own specific symptoms, there are other, more general symptoms that could indicate an underlying autoimmune issue:

- Environmental or chemical sensitivities
- Unexplained allergic reactions, hives, swelling
- Brain fog, lack of mental clarity
- Fatigue, exhaustion, weakness
- Aches and pains

## How do most mainstream medical professionals address autoimmunity?

Unfortunately, many mainstream practitioners are slow to recognize or diagnose autoimmunity issues. Some will tell you nothing is wrong, or that your symptoms are simply signs of aging that you need to accept passively.

Even once you have been diagnosed with an autoimmune condition (which is often only after the symptoms have progressed extensively), most practitioners will treat you by prescribing **medication to decrease inflammation, suppress your immune system, and/or manage some of your symptoms or pain.**

At first impression, suppressing the immune system makes sense, and is necessary in some cases. However, immunosuppressive and anti-inflammatory medications, such as prednisone, **suppress both the autoantibodies AND your healthy immune system**, leaving you more vulnerable to other health concerns, such as bone loss, diabetes, heart disease, and cancer.

## What makes Dr. Doni's approach different?

Dr. Doni knows there is no one-size-fits-all description of autoimmunity; it will show up differently for each individual. That is why the first thing she will do is determine exactly what is going on in all your bodily systems, so she can identify the root cause(s) of your condition(s). To find out this information, she will:

1. **Use various specialty health panels** to check for **adrenal distress, leaky gut, dysbiosis, oxidative stress, and methylation problems.**
2. **Analyze your genetic health profile**, to see if your DNA indicates a **predisposition towards autoimmunity.** Very few medical practitioners, even in the field of naturopathy, include genetic health profiling as part of their approach.
3. **Formulate a comprehensive picture of your stress and toxin exposure**, to see how this may be adversely affecting your health.

Once you and Dr. Doni examine what triggered your autoimmunity in the first place, she will work closely with you to design a unique, step-by-step strategy to re-optimize and rebalance your bodily systems, make diet and lifestyle changes, and eliminate environmental triggers. She will also show you how to support your body, so autoimmunity can “switch off” and your body can begin to **repair damaged cells caused by autoimmunity.**

**All this can help you get back to living a healthier, drug-free, and symptom-free 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](https://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 package?

### TESTING/HEALTH PANELS

In this package, the following panels are included\*:

- IgG and IgA food sensitivities panel for 96 foods
- Organic acids and toxins panel
- Salivary cortisol panel with 8OHdG (checked four times over a 24-hour period)
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- Complete genetic report with clinically relevant genes related to methylation, neurotransmitters, sulfur metabolism, and histamine metabolism.\*\*

Additionally, you may need to do a methylation panel (blood test) independently. Some additional blood work may also be required (e.g. homocysteine, 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.*

\*\* *For your genetic health profile, you will need to purchase a DNA test directly from 23AndMe.com. Dr. Doni will tell you how to do this at your first consultation. The cost of that test is not included in this package.*

**Continued next page →**

Book your first appointment via email at [schedule@doctordoni.com](mailto:schedule@doctordoni.com) or online at <https://doctordoni.com/schedule>

## CONSULTATIONS (7)

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

- ONE comprehensive 60-minute consultation to discuss your health issues and individualize your plan.
- TWO expanded 45-minute consultations to go through the results of your health panels, discuss progress and give recommendations.
- FOUR regular 30-minute consultations to assess progress, adjust regimen and address any other issues.

Patients are responsible for scheduling all consultations and follow-ups either via email ([schedule@doctordoni.com](mailto: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](http://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.

Book your first appointment via email at [schedule@doctordoni.com](mailto:schedule@doctordoni.com) or online at <https://doctordoni.com/schedule>

## How much does this package cost?

The total cost of this 6-month package is \$3,595. You may opt to pay in three installments: \$2,000 upon your first visit, \$1,000 one month later, and the balance of \$595 at the beginning of your third month on the program.

**THIS PACKAGE gives you \$335 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 any of these tests, 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](mailto: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

**Read Dr. Doni's article: '5 Steps to Reverse Autoimmunity and Autoimmune Disease'**

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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.