



## Dr. Doni's Oxidative Stress Prevention and Treatment Package

### Who is this package for?

**This special 6-month naturopathic treatment package** is for patients who have been diagnosed with an oxidative stress issue, suspect they may have one, and/or want to prevent oxidative stress from developing into a serious health issue.

### What Is Oxidative Stress?

Oxidative stress (OS) is a slow process that can cause serious long-term health issues. It occurs when the cells and tissue in your body “oxidize”, meaning they show the effects of being exposed to oxygen in a toxic form. Even though oxygen is essential for life, oxygen also turns into “free radicals”. If not counter-balanced with anti-oxidants, free radicals can damage cells, overwhelm the body, and hamper its ability to resist and recover from disease and long-term health issues. Like rust (which is also the result of oxidation), OS shows up gradually over time, appearing as things we normally associate with aging: grey hair, wrinkles, memory loss and fatigue. It is also a known underlying cause of heart disease, cancer, Alzheimer’s disease, and chronic fatigue syndrome.

### Why Does Oxidative Stress Happen?

Despite what most doctors will tell you, OS is not an inevitable part of aging we simply must accept as part of life. It occurs as the result of specific triggers, such as:

- Emotional stress and elevated cortisol levels
- Exposure to toxic metals (such as mercury and lead), pollutants, smoke or vehicle exhaust fumes
- Frequently elevated blood sugar levels
- Not enough anti-oxidants in our diets (vitamin C, selenium, zinc, etc.)
- Physical stress, such as intense workouts and/or injuries
- Inflammation, such as from food sensitivities and chronic infections

### Who Is Most at Risk?

Oxidative stress affects ALL of us, but those who have a family history of cancer, Alzheimer’s, heart disease, etc., or who have been exposed to any of the above triggers, could be at greater risk of developing it. Genetics also play a role in whether you are more susceptible to oxidative stress.

### What Kinds of Symptoms Could Be Signs of OS?

Because oxidative stress develops very slowly over a long period of time, you might not even be aware it is happening to you. Symptoms that could be signs of OS include:

- Fatigue, chronic aches pains, brain fog or an ongoing feeling of being generally unwell
- Abnormally high blood sugar, CRP or cholesterol levels in blood tests
- Evidence of inflammation in the body in your regular lab work

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- Unexplained abdominal weight gain
- Chronic digestive issues
- Significant changes in vision or evidence of macular degeneration, cataracts or early glaucoma
- Signs of kidney stress
- Diabetes or pre-diabetes
- High blood pressure
- Sleep apnea
- Hives, allergies

## My Doctor Says I'm Just Getting Older

Unfortunately, many mainstream doctors are slow to recognize – and slower to diagnose – OS. Typically, they will tell you nothing is wrong and you are simply ageing. Most will tell you to “get used to it” or “accept it”. Others might give you medication to manage some of your symptoms or pain. But such medication will not address your problems.

The only way to slow down or even *reverse* oxidative stress is get tested to find out the root causes of your oxidative stress issues, and make relevant lifestyle changes to address those issues.

## How Serious Can It Become?

Left unaddressed, OS can develop into any number of serious diseases and conditions, including:

- Alzheimer's disease
- Diabetes
- Auto-immune diseases (rheumatoid arthritis, etc.)
- Chronic fatigue
- Fibromyalgia
- Asthma
- Cancer
- Heart disease
- Inflammatory bowel disease
- Macular degeneration, cataracts or glaucoma
- Many other diseases and conditions that build up over time

## How Does Dr. Doni Address Your Oxidative Stress Problems in this Package?

In this package, Dr. Doni will work with you over a 6-month period to:

- Perform an initial assessment to find out how and where OS may be showing up in your body
- Conduct a variety of lab tests (blood, saliva, urine and DNA) to identify underlying conditions *before* they become serious health problems
- Create a preventative, naturopathic regime *before* OS becomes problematic

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- OR, if you are already suffering from OS-related health issues, develop a strategy to help you heal and/or prevent it from progressing

## 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\*:

- Salivary cortisol panel (tested four times over a 24-hour period)
- Melatonin test
- IgG and IgA food sensitivities panel to help identify possible causes of your OS issues
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- Organic acids test
- 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) \*\*
- Test for toxic minerals and metals (urine, hair and blood tests)
- DNA oxidative damage (urine test)
- Genova oxidative stress (blood test)

You may also need to do a methylation panel (blood test) independently, and some additional blood work may 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. Dr. Doni will tell you how to do this at your first consultation.*

### CONSULTATIONS (9)

You will have NINE 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.
- THREE 45-minute sessions to go through the tests and give recommendations for treatment.
- FIVE 30-minute sessions to assess progress, adjust regime and/or address other issues that may arise.

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

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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.

### 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 \$4,095. You may opt to pay in three installments: \$2,600 upon your first visit, \$795 the beginning of month 2, and the balance of \$700 at the beginning of month 3.

*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 \$453 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](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 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: 'Oxidative Stress: What Is It and How Can It Affect Your Health?'**

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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.