



## Dr. Doni's Adrenal Recovery and Wellness Package

### Who is this package for?

**This special 6-month naturopathic treatment package** is for patients suffering from one or more symptoms of adrenal distress and cortisol imbalance. This program is designed not only to help you recover from adrenal distress, but to STAY healthier and more resilient in the long term.

### What are the adrenal glands?

The adrenal glands are endocrine glands about two inches in length that sit just above the kidneys. These glands produce our main stress hormones, **cortisol and adrenaline**, along with other hormones. Cortisol and adrenaline play crucial roles in your metabolism, sleep patterns, mood, energy, immunity, and overall wellness. That's because they are your body's main "stress responders" and are triggered whenever you experience *any* kind of stress, whether physical (illness, infection, injury, allergens, toxins, etc.) or emotional.

### What is "adrenal distress"?

Adrenal distress is a condition that arises when your body is exposed to more stress than it can handle and your cortisol and/or adrenaline levels become imbalanced. Trying to handle the stress, your adrenals can get stuck in "stress mode" and produce **too much OR too little** cortisol and adrenaline, or produce them at the **wrong time of day or night**. The longer your adrenals stay in "stress mode", the more symptoms you are likely to develop, and the more difficult it can be to recover without guidance from a health professional.

### What are the symptoms of adrenal distress?

Adrenal distress is often responsible for a range of negative health symptoms, including:

- Poor sleep; waking unrested
- Exhaustion; needing naps during the day
- Frequent colds and flu
- Memory loss; brain fog
- Painful joints; frequent injuries
- Migraines and headaches
- Dizziness; weakness
- Blood sugar fluctuations
- Mood issues; depression; anxiety
- Allergies; autoimmunity; cancer
- Digestive issues
- Skin issues, such as eczema, psoriasis, hives, etc.
- Menstrual and fertility issues, such as PCOS, PMS, PMDD, peri-menopausal symptoms
- Cervical dysplasia, Lyme, Epstein Barr, and other chronic infections
- Autoimmunity, neurodegeneration, dementia, diabetes, and heart disease
- Unexplained weight loss or gain

When your adrenals are several impaired, you are more likely to experience more than one of these symptoms. Because these symptoms often *seem* to be unrelated, people may not suspect they are arising from the same root cause.

## Is this the same as “adrenal fatigue” or “adrenal burnout”?

**Yes and no.** These days, “adrenal fatigue” or “adrenal burnout” have become catch-all phrases to describe any kind of adrenal problem. But these terms can be misleading, as they *imply* your adrenals are under-producing cortisol and/or adrenaline. Adrenal problems can also arise when your body produces *too much* of these substances. For this reason, Dr. Doni prefers to use the terms “adrenal imbalance” or “adrenal distress”.

## Why hasn't my doctor suggested I might have an adrenal problem?

Although scientists have been researching and writing papers on adrenal health for the past century, surprisingly few doctors ever mention “adrenals” to their patients or suggest that their symptoms might be adrenal-related. Instead, they tend to prescribe medications for the various symptoms. While these medications may stop the symptoms temporarily, **they don't address the underlying cause and can sometimes increase the severity** of the adrenal imbalance.

Those doctors who *do* check your cortisol levels may only test them in the morning (when we know cortisol levels should vary throughout the day). While this kind of test might help identify the severe conditions such as Addison's disease or Cushing Syndrome (when your adrenals are severely under- or over-producing cortisol), **it is insufficient for patients whose adrenals are still functioning but not performing as they should.**

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

**Good adrenal health depends on having a normal “adrenal curve”**, where your cortisol levels are highest in the morning when you wake up, and gradually decrease throughout the day until they are lowest at night when you want to go to sleep. To obtain an accurate picture of your adrenal curve, **Dr. Doni checks your cortisol four times within a single day** (morning, midday, evening, and bedtime). This is done with either a saliva or urine collection, so you don't spend all day at a lab getting your blood drawn.

Dr. Doni also knows that **cortisol affects our digestive, immune, endocrine (hormones), and nervous systems**. To get a clear picture of what is going on in these systems, Dr. Doni will ask you do a food sensitivities panel (to identify possible digestive issues, such as **leaky gut**), blood work (to identify **blood sugar, hemoglobin, immune system, hormones, thyroid**, etc.), and a urine panel to measure your levels of adrenaline and **neurotransmitters** (to see what is going on in your nervous system).

Once you have a clear picture of what is going on in your body, Dr. Doni will work closely with you to address your adrenal issues through **diet, nutrients, herbs, and lifestyle changes**, so your body can heal itself – naturally and without medications. Because good adrenal function is so integral to your overall wellness, you will start to **feel healthier and more resilient to stress in the future.**

## 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.

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

- You will have access to a **private Facebook group**, where you can **ask questions (and get answers!)** about your health issue(s), 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\*:

- 4-timed salivary cortisol panel
- Urinary neurotransmitter panel (serotonin, GABA, adrenaline, etc.)
- 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 this panel, ask your doctor to send the results to Dr. Doni's office, and the price of your package will be adjusted accordingly.*

### 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.
- ONE extended 45-minute consultation to go through the results of your health panels and give recommendations.
- THREE regular 30-minute consultations to assess progress, adjust regimen and address any other issues.
- TWO brief 15-minute consultations to create an ongoing maintenance plan and discuss 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.

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### 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" (via 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 \$2,697.** You may opt to pay in two installments: \$1,700 upon your first visit, and the balance of \$997 one month later.

**THIS PACKAGE gives you \$305 in savings over "a la carte" pricing for the same services, PLUS 10% off ALL your supplements for six months, and access to the private Facebook group.**

**NOTE:** Much of the initial fee covers the cost of the IgG and IgA food sensitivities panel. 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](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 one of Dr. Doni's many articles about adrenal distress at:**

<https://doctordoni.com/2018/02/adrenal-recovery/>

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