



Dr. Doni's Total Wellness Solutions Package

Who is this package for?

This special 6-month naturopathic treatment package is for patients seeking to improve and/or optimize their overall wellness and prevent disease, OR for those with a current ailment/diagnosis wishing to implement Dr. Doni's approach through a naturopathic program package.

What are the aims of this Wellness Package?

1. To identify the underlying cause of any diagnosed or undiagnosed ailments, through carefully selected tests.
2. To ensure you understand the real reasons behind your ailments or symptoms, so you can **take control of your health**.
3. To show you **which nutrients your body needs** to recover from disease, prevent disease, and/or for on-going optimal health and wellness.
4. To design a **long-term health regime** that will help you overcome your individual health issues, **optimize digestion, support normal sleep, balance your mood, energize your body and mind**, and improve your quality of life.

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

- **The Wellness Solutions and Prevention Package** was created to help patients implement Dr. Doni's approach into their preventative care regime OR disease treatment plan.
- **This package is fully customizable to help you meet your health and wellness needs and/or overcome acute and chronic disease.**
- **If you are experiencing unexplained symptoms**, do not have a diagnosis, or have a diagnosis that doesn't match any of our other packages (Cervical Dysplasia, Leaky Gut, MTHFR Genetic Mutations, Digestive Health, and Sleep Issues), this package is perfect for you.
- **This package is also ideal for those in good to moderate health** who wish to improve overall wellness, focus on natural disease prevention, or those in need professional guidance to help establish and maintain a healthy lifestyle.

Disease solutions and prevention provided by this Wellness Program

- Though not an exhaustive list, this package provides solutions and natural remedies for:
- Women's health issues—PMS, hormonal imbalances, mood swings
- Children's health issues—ADD/ADHD, skin issues, cognitive problems
- Men's health issues—andropause, hormonal imbalance, prostate issues
- Customized dietary and lifestyle programs
- Nutritional counseling and food sensitivity testing

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- Autoimmune disease; lupus; rheumatoid arthritis
- Headaches; migraines
- Thyroid issues; Hashimoto's thyroiditis
- Cleansing and detoxification programs
- Immune insufficiencies
- Low energy
- Heavy metal analysis and detox
- Prenatal nutritional and wellness support
- Liver and gall bladder issues
- Chronic pain
- Anxiety, overwhelm or low mood
- Difficulty with memory and focus
- Weight issues
- Adrenal burnout
- ...and more

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* to determine your health, wellness, and prevention needs:

- 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.

CONSULTATIONS (7)

You will have SEVEN 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 sessions to go through the tests and design your treatment plan.
- THREE 30-minute sessions to assess progress, adjust regime and/or address other issues that may arise.
- TWO 15-minute sessions to assess your progress and make adjustments to your regime, as needed.

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

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 Wellness Solutions and Prevention Package is \$2,495. You may opt to pay in two installments: \$1,500 upon your first visit, and the balance of \$995 at the beginning of month 2.

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 \$225 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

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.