



Dr. Doni's Women's Wellness Solutions Package

Who is this package for?

This special 6-month naturopathic treatment package is for women of all ages, who may be struggling with female health issues caused by troublesome hormone imbalances and would like to find natural, holistic, and *customized* solutions that will endure throughout the rest of their lives.

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

From a medical perspective, the female body is markedly different from a man's. Our unique biology and physiology are responsible for a whole range of women-specific concerns, such as menstruation, PMS, polycystic ovaries, pregnancy, childbirth, lactation, and menopause. ALL these issues boil down to one thing: fluctuations in our delicate hormonal balance. Imbalances in our female hormones can also create imbalances in *other* bodily systems, including the nervous system, immune system, and digestive system. In short, our female hormones can have a profound effect on the way we feel, both physically and emotionally.

Unfortunately, many traditional medical professionals are dismissive about female hormones, seldom taking women's complaints about their hormones very seriously. Hormone fluctuations – and the emotional roller coaster they bring – are seen as “just a part of life”, a “mystery” women simply have to accept. Because this seems to be the standard attitude towards female hormones in medicine (and society in general), many women suffer in silence, secretly feeling enslaved by their own bodies and their ever-changing emotions.

Dr. Doni wants all women to understand that hormones are NOT some great mystery. There is a *science* to hormones, and when you understand it, you CAN do something about your hormone challenges. That is why she has created this unique wellness package for patients suffering with women-specific health problems.

Problems you might currently be experiencing

Some of the most common health complaints arising from female hormone imbalances include:

- Menstrual irregularities
- PMS, including cramps, menstrual pain, mood swings, tearfulness, etc.
- Polycystic ovary syndrome (PCOS)
- Endometriosis
- Pregnancy and/or fertility issues
- Postpartum and lactation difficulties
- Libido issues (either too high or low)
- Vaginitis and vulvodynia
- Interstitial cystitis and recurrent urinary tract infections
- Menopause or peri-menopause issues (hot flashes, night sweats, joint pain, and sleep issues)

What makes Dr. Doni's approach unique?

Unlike many mainstream medical doctors, Dr. Doni's aim is not only to help alleviate your symptoms, but to **identify and address the underlying causes** of your hormone imbalances – naturally. For this reason, in addition to recommending a **comprehensive hormone panel**, she will check for **food sensitivities** and measure your **neurotransmitter levels**, as all these factors play a part in the “bigger picture” of your overall health.

Based on the results of your health panels, you and Dr. Doni will work together to create an **individualized strategy to balance your hormone and optimize your health**, using **nutrients, herbs, natural supplements, dietary adjustments**, and various lifestyle changes Dr. Doni calls “**stress remedies**”.

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 package?

TESTING/HEALTH PANELS

In this package, the following panels are included*:

- Comprehensive **hormone panel** (estrogen, progesterone, testosterone, melatonin, 8OHdG, and cortisol).
- 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. 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.*

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

CONSULTATIONS (6)

You will have SIX private sessions 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.
- THREE 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) 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 \$2,997. You may opt to pay in two installments: \$2,000 upon your first visit, and the balance of \$997 at the beginning of the next month.

THIS PACKAGE gives you \$330 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.

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

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, 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

[CLICK HERE to read Dr. Doni's informative article series on Women's Health and Wellness](#)

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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.