



## 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 go on to 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 with them – are seen as “just a part of life”, a “mystery” we 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 them, you CAN do something about your hormone challenges. This is why she has created a unique wellness package JUST for women who are suffering with women-specific health problems.

### Problems you might currently be experiencing

Many of the most common health complaints women have are the result of hormone imbalances. These problems 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)

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

In this “Women’s Wellness Package”, Dr. Doni will help you feel better, not just by working to alleviate the symptoms, but by **diagnosing and treating the underlying causes** of your hormone imbalances – naturally.

## What makes Dr. Doni’s “Women’s Wellness Package” unique?

One thing that makes this treatment package unlike many others you may have tried before is the rigor of the diagnostic **testing** you will do with Dr. Doni. In addition to a **comprehensive hormone assessment**, you will also get a customized **genetic (DNA) health profile**, as well as profiles of your **food sensitivities** and **neurotransmitters**, which play a part in the “bigger picture” of your overall health.

Then, based on your tests, you and Dr. Doni will work together to create an **individualized, DRUG-FREE health solution**, using **nutrients, herbs, natural supplements**, and **dietary adjustments**.

## 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:

- Precision analytical DUTCH **hormone panel**, giving you a much more thorough and comprehensive picture of your hormones than most standard tests (includes **cortisol panel**)
- Complete **genetic profile** with a customized health report on over 150 genes and how they may be affecting your health (saliva test) \*\*
- 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 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 (6)

You will have SIX 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.
- TWO 45-minute sessions to go through the test results and design your treatment plan.
- TWO 30-minute sessions to assess progress, adjust regime and/or address other issues that may arise.
- ONE 15-minute sessions to assess your progress and adjust your regime, as needed.

**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 dietary 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 six-month Women's Wellness Package is \$2,795. You may opt to pay in two installments: \$2,000 upon your first visit, and the balance of \$795 at the beginning of month 2.

*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 \$180 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 informative article series on Women's Health and Wellness'**

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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.