

## Explorations Introduction to Health Alkemy



Welcome to my practice! You are in the hands of someone who has studied health for over 20 years, been in clinical practice full-time for twelve years, and has investigated health based on direct evidence. Medicine is not necessarily health, remember this.

My view of health is summarized as Pillars that support a whole, as these conceptual 'pillars of health' give us guideposts and testing means to determine when improvement is being made, even if we are not conscious of it.

Everyone is unique and has gone through unique circumstances to be here. I try to address that unique aspect by customizing these steps for your needs. The full program has nine visits, each one designed to cover an aspect of health.

What you get is a long-term plan for eliminating disease, transforming and eliminating suppressed toxins and heavy metals, and eventually greater and greater amounts of energy and clarity. Health never stops.

Visits/explorations can be bypassed for those who are proficient

Below is an outline for this process.

<b>Timeline</b> (estimate)	<b>Exploration Topic</b> (can be a class, or done as needed)	<b>Goals/Notes</b> (Clients decide what their needs are and we explore their needs)
*1 <sup>st</sup> visit *1 <sup>st</sup> visit Included	<b>Health Status Assessment</b> <b>Symptom Relief</b> Health Counseling	Intake Forms, Counseling, Opening up, and examination Herbs and Supplements may be offered, or food changes *30 minute free emotional & mental counseling (Noelle Noli)
Options Options	Special treatments Lab tests	Individualized (ie-skin, gut, nails, detox, eyes, nose, etc...) Hair Mineral Analysis, Blood reports, Saliva, Urine, others
2 <sup>nd</sup> visit 2 <sup>nd</sup> visit 2 <sup>nd</sup> visit 2 <sup>nd</sup> visit	<b>Study of Food Intake</b> <b>Go over Health Goals</b> <b>Report of Findings Report</b> Plan of action/Food report	Food Journal – Diet Diary, recipes sent Health Goal Sheet Explanation of Reports – why and how to start, step by step Diet and health explorations – trials of various food types
*3 <sup>rd</sup> visit *3 <sup>rd</sup> visit *3 <sup>rd</sup> visit	Basics of cooking/food prep+ Cooking as medicine+ Uses of food and herbs	Recipe review, seasonal and individual aspects, meal content Your easiest and top techniques and explorations of what works Food Combining, flavors, meal planning
*4 <sup>th</sup> visit	Your Health allies (may be earlier)	Discussion and understanding of your top herbs/foods/supplements
5 <sup>th</sup> visit 5 <sup>th</sup> visit	Follow up assessment Follow-up assessment	To see progress and educate about subtle aspects Retaking Symptom survey form, seeing/feeling progress
*6 <sup>th</sup> visit	Food Energetics/Alchemy	Understanding how food and herbs affect health
*7 <sup>th</sup> visit	Detoxification/Drainage (once per year minimum) (many need more at first)	All of us need to clear sludge out of our filtering organs, have a good drainage protocol, understand the importance of blood, tissue, and internal hygiene. Cleansing is NOT difficult. (may require 2-3 visits)
*8 <sup>th</sup> visit *8 <sup>th</sup> visit	Breath and health Self-care yoga/exercise	Personalized breathing techniques, restorative exercises Same – we will focus on what is possible, not forced
*9 <sup>th</sup> visit	<b>Being prepared for problems</b>	<b>Contingency plans for illness, injury, and travel, etc</b>
Visit Options/Choices - clients can substitute these for any of the above visits in 3, 6, or 9 visit programs		
#1	*How to Shop	Health Food store shopping tours, what to look for and avoid
#2	*Farmer's Market tour	Fresh food is vital to good health, what to look for, having fun
#3	*Digestion and 7 pillars	How to understand the connections of the body. The vital importance of our gut flora and microbial balance in tissues.
#4	*Coca Allergy Pulse Testing	Food Intolerances and sensitivities spotted.
#5	*Cancer/Degenerative programs	Often requires at least nine visits with extra support/tests/labs
#6	*Roots of pain	Often requires deep looking at mental, emotional, other, etc...
#7	*Home Visit / Kitchen / Pantry	Often required, this is a way to clear out old, put in support

\*Class Options also – these visits can be taken through public talks given by Craig. For low-income people, this can be vital. Some steps can be bypassed for those who are proficient.

**Fees for programs:**

**9 Visit program**

Early bird discount \$800 if paid in full by end of third visit (\$975 total cost if paid by visit) Example – \$200 paid first, then two payments of \$300 each gives the discount.

3 Visit program – good for Metabolic Rehabilitation beginnings, Cleansing and Detox, and for those who have a lot of self-awareness and need a good guide to get them going.

\$375 paid over three visits

**6 Visit Program**

If paid by visit = \$675. If paid in full by end of second visit = \$600 (\$75 savings)

Choose from the Explorations from the previous page, but the first three are required for most.

**Assessment program - \$225**

Three visits – first one = one hour, next two = 30 minutes, followed by a Report of Findings and a recommended plan of action/s. This package is for those wanting to understand their body, get a good plan going, and do some basic testing and exploration homework from us, and report back with results.

**Pillars of Health Assessment Tests**– always used are iridology, tongue check, pulse check, and symptom check-in (prioritized by client need)

<b>Pillar</b>	Inflammation	Digestion/Elimination	Ph	Endocrine	Blood sugar	Circulation	Immune
<b>Test</b>	Blood work	palpations	ph strips	iridology	blood work	pulses, tongue	blood work
<b>Test</b>	foods/herbs	Acu points	blood work	blood work	Diet trials	blood work	tongue,exam

**Various tests and why given**

elimination diets	Pulse testing with meals	Stomach acid – Zypan	Various ph tests	Temperature
allergies, intolerances	allergies, intolerances	absorption of nutrients	ability to buffer acids	thyroid/endocrine

**Various tests and why given**

Iodine loading	Concentration/dilution	Raglands BP test	Candida spit test	Calf cuff pressure
thyroid, immune, liver	kidney function	adrenal, endocrine	fungal checks	mineral utilization

**Various tests and why given**

Supplements trials	Herbal trials	Cleansing/detox	Protomorphogens	Acupoints
nutrient deficiencies and auto-immune checks	organ/tissue checks	ability to clean out	specific organ checks	Energy/blood blockages

**Various tests and why given**

Blood/lab work	finger and toenails	Iodine patch	Wrist pulses	tongue check
whole body status	circulation, nutrient status, mineral and organ status	iodine tissue need, overall toxicity, thyroid function	nerve, organ and energetic status of whole body	tissue status of GI tract, gut flora status, inflammation

Hair analysis				
heavy metals, minerals, cell health, fluid composition, membranes				

\*After 1<sup>ST</sup> Visit, Get 30 minutes with Noelle Noli – Food Counselor (831) 332-3913

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