

BLUE COLLAR HEALING

As a Holistic Lifestyle Coach, I am offering you a wellness program that is structured and designed to teach you how to achieve optimal energy production via optimal eating and lifestyle habits. In doing so, one reduces the risk of disease, slows down the aging process, increases performance in work, sport and/or leisure activities, increase self-esteem & self-acceptance and improved overall aesthetics. This program is about healing, which is different and more involved than simply removing symptoms. It is a multi-disciplined holistic and educational program that teaches, inspires and motivates you towards optimal health, happiness, and peace of mind.

PROCEDURES

1. You agree to the services and/or program that you choose
2. The necessary objective lab test kits and questionnaires are mailed out.
3. Payments are made according to fee schedule and guidelines.
4. After receiving fees, all completed paper work and lab results, they are review and interpreted. A consultation in person or via phone is arranged to go over the findings. We discuss your physiological load assessment; how much stress your are under and what might be contributing to your stress.
5. Working together, we co-develop a wellness plan to reduce stress and build health. We discuss any need to refer out to allied health care professionals.
6. With a wellness plan developed and realistic goals established, it is my job to coach you. Coaching sessions can include nutritional counseling, lifestyle changes, and exercise instruction, Option Dialogue Process Mentoring, Conscious Connected Breathwork, or remedial massage. Additionally, modifications and suggestions to your program are made along the way.
7. Re-Evaluation. After 6-16 weeks, some questionnaires and/or laboratory findings are repeated This is the most important part of the program. It allows us to review the wellness program, realign goals, and re-establish focus on establishing healthy eating and lifestyle habits.
8. Every client's situation is unique. Therefore all are treated individually based on their desire, willingness and financial ability to participate in creating their health and healing miracle.

The programs, tests, assessments, and questionnaires herewithin do not provide medical diagnosis. The services offered herewithin are not suggestive replacement for medical advice. Every client has been advised to discuss his or her decision to engage in a health building program with their medical doctor(s). Under the American Constitution you have the freedom and responsibility to choose any health program that you think and feel is in your best interest.

FEE STRUCTURE AND PROGRAMS

Individual Consulting Fee.....	\$150/hour
*Initial HTMA (without coaching services).....	\$295.00
<i>Includes a copy of How to Eat Move and Be Healthy by Paul Chek</i>	
*Initial HTMA with coaching services	\$195.00
<i>*Includes CD of interpretation and 30 minute follow up consultation</i>	
Repeat Hair Tissue Mineral Analysis (HTMA).....	\$150.00
Functional Adrenal Stress Profile (FASP) (saliva).....	\$94 - \$256.00
Metabolic Assessment Profile (urine).....	\$120.00
Interpretation and review of lab assessments.....	\$50-150.00
Other lab Assessments as necessary.....	per assessment
<i>International costs vary do to shiping charges</i>	
Conscious Connect Breathing per 2-3 hour session	\$125-\$225
Conscious Connected Breathing-10 session package.....	\$1250.00
Option Dialogue Process per hour.....	\$65.00
Option Dialogue Process-3 1-hour package	\$150.00
1 hour Remedial Massage with corrective exercise.....	\$100.00
Remedial Massage - 3 sessions	\$250.00
Corrective Holistic Exercise Kinesiology- 10 sessions.....	\$1000.00

LIFESTYLE COACHING PROGRAMS

Program 1

Monthly email support only.....\$150/month

Program 2

2-50 minute scheduled coaching and training support

Unlimited email coaching support; Short (5 minute) phone calls between sessions

Can be devided into 4-25 minutes sessions..... \$325/month

Program 3

3-50 minute scheduled coaching and training support..... \$375/month

Unlimited email coaching support; Short (5 minute) phone calls between sessions.

Can be devided into 6-25 minute sessions..... \$425/month

Detoxification and purification through a cleansing diet is optimally determined based on your current level of well-being. Cleanses are modified to meet your individual needs. They can be 1, 3, 5, 7 or 10 days long. Self detoxification processes are explained in all nutritional programs. They are vital during a forced detoxification program.

However, everyone's situation and needs are different. Therefore, you may always inquire about detoxification. Fees are based on the hourly consulting fee of \$150 or through any of the coaching packages. All of the 12 week well-being programs will involve cleanses. Often giving the body what it requires to build health will create detoxification.

12 WEEK OPTIMAL WELL-BEING PROGRAMS

Going for The Gold

Hair Tissue Mineral Analysis

Repeat Hair Analysis included

Functional Adrenal Stress Profile

Repeat tests for abnormal values included

Metabolic Assessment Profile

Repeat tests for abnormal values included

Books included:

We Want to Live: The Primal Diet by Aajonus Vonderplanitz, PhD

Recipes for Living Without Disease by Aajonus Vonderplanitz, PhD

Nourishing Traditions by Sally Fallon

How Eat Move and Be Healthy by Paul Chek

12 hours of private one on one coaching

Unlimited email support and brief (5-10 minute) calls between sessions

1 Conscious Connected Breathing session, Option Dialogue or 1 additional hour of coaching

\$2250.00

The Silver

Hair Tissue Mineral Analysis

Repeat Hair Tissue Analysis is included

Functional Adrenal Stress Profile

Repeat tests for abnormal values included

Books included:

We Want to Live by Aajonus Vonderplanitz

Recipes for Living Without Disease by Aajonus Vonderplanitz

How to Eat Move and Be Healthy by Paul Chek

6 hours of private one on one coaching

Unlimited email support and brief (5-10 minute) calls between sessions

1 Conscious Connected Breathing session, Option Dialogue or 1 additional hour of coaching

\$1500.00

The Bronze

Hair Tissue Mineral Analysis

Repeat Hair Tissue Mineral Analysis is included

Books:

We Want to Live by Aajonus Vonderplanitz, PhD

Recipes for Living Without Disease by Aajonus Vonderplanitz, PhD

4 hours of private one on one coaching

Unlimited email support and brief (5-10 minute) calls between sessions

\$850.00

POLICIES

For all coaching service programs, I require half of the payment with submittal of HTMA sample and paper work. The balance is due at the beginning of the second month leaving the third month paid in full. All other fees are paid in full at time of service; this includes but is not limited to any consulting, laboratory fees, nutritional supplements, body work, exercise instruction, etc. Program fees due not include necessary equipment such as a juicer, blender, nutritional supplements, food supplements, detoxification equipment, mason jars, or fees for referral to ally health care professionals.

Payments can be made in cash, personal check. Money order, Bank Check and through my Pay Pal account (www.Paypal.com ; my account is heg1965@yahoo.com).

What you can expect from me.

- ? I will actively listen to your needs and concerns.
- ? I will present the possibilities for you to choose from.
- ? I will hold the space with compassion and empathy for you to safely explore your truth.

What I expect from you.

- ? Do the work
- ? Ask questions
- ? Maintain scheduled appointments
- ? Make payments on time
- ? Be honest with yourself
- ? Learn how to enjoy the healing process