

All Degrees of Health
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Thank you for making an enquiry about both optimizing your own health and that of your prospective baby. A few reminders:

- Please bring a first morning urine specimen to test for heavy metals. Use a specimen container from the chemist (approx. 80c). Ensure you haven't taken any vitamin/mineral supplements for 2 days prior. If either of you come up as high priority in the digestive areas, I will recommend another test on the same specimen.
- Bring any test results and vitamins you are currently taking.
- The initial consultation takes approx. 2 hours and it includes -
 - hire of a video explaining pre-conception care principles
 - a zinc taste test
 - a "kit" which includes your personal 10 year lunar chart, "Natural Fertility" by Francesca Naish (or "Better Babies" or another book or a \$20 discount), a tape explaining how to chart on one side and relaxation/visualization on the other, a thermometer and booklet.
 - urinary heavy metals screen / urinary dipstick and indican test if indicated
 - dietary assessment and recommendations,
 - physical examination and assessment of general health,
 - explanation of the program.

This costs \$380. It is ideal if both partners attend this visit, but if this is unavoidable, a \$50 discount applies. If you have a kit already, deduct \$120. If you have been to one of my seminars, deduct another \$50.

Supplements range from a complete "9 pack" of the Natural Fertility Range of Supplements and costs \$170 (RRP \$189) per month per person (maximum), & herbs (\$18 for 100ml or \$35.00 for 200ml) if needed to a basic multivitamin, essential fatty acid complex and extra folate as a bare minimum (approx. \$48 per couple per month). If you are currently taking supplements, I can incorporate these & use less expensive, but also excellent quality alternatives.

If you have time, drop or post the completed questionnaires in before our consultation so that they arrive a few days before our appointment. Otherwise bring them with you.

If you have any further questions please contact me.

Regards,

Doreen Schwegler.