



ALL DEGREES OF
HEALTH

294 Buckley Street, Essendon, 3040

P| 9331 0951 F| 03 9331 0956 E|info@alldegreesofhealth.com.au W|www.alldegreesofhealth.com.au

Thank you for making an appointment to optimise your own health and that of your prospective baby.

A few reminders:

1. Please bring a first morning urine specimen to test for heavy metals. Use a specimen container from the chemist (approx. \$1). 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.
2. Bring any test results and vitamins you are currently taking.
3. The initial consultation takes approximately 2 hours and it includes –
 - A zinc taste test.
 - Urinary heavy metals screen / urinary dipstick and indican test if indicated.
 - Bioimpedance assessment to measure fat, muscle %, toxicity levels and more.
 - Dietary assessment and recommendations.
 - Physical examination and assessment of general health.
 - Explanation of the program.

This costs **\$290** and includes all the testing mentioned above. It is ideal if both partners attend this visit, but if this is not possible, one partner only costs \$195 and takes 1 ½ hours (the urine can still be assessed of the missing partner).

An optional extra is the kit (RRP \$159.85 available for \$150). The “kit” includes the book “Natural Fertility” by Francesca Naish (or “Better Babies” or another book or a \$20 discounts), Visualisation CD, thermometer, your personal 6 year lunar chart and work booklet.

Alternatively, a one hour consultation can be made to begin the process, explain charting if needed, assess diet and general health, discuss pathology testing etc for \$100 each per hour). Tests are charged for separately; “kits” are \$150 and will be explained if considered useful.

Supplements range from a comprehensive multivitamin, folate and fatty acid supplement (\$55-\$95 per month) & herbs (\$50 for 200mL) if needed. If you are currently taking supplements, I can incorporate these, so please bring them with you.

Please complete the enclosed questionnaires (for both partners) and also the HAQ questionnaire (1 for each partner) on www.metagenics.com.au Customer Number is 3912.

If you have any further questions please contact me either by phone 9331 0951 or email doreen@alldegreesofhealth.com.au

Note: prices are valid as of 21/7/11. Please confirm when booking if there have been any price rises that have not yet been updated on the website.

Regards,

Doreen Schwegler