

HEALTHFUL ELEMENTS



RATE SHEET

last updated Jan. 2008

Your program will cover:

- Addressing thyroid and adrenal health
- Setting goals
- Integrating new, better food into your diet
- Dealing with and understanding cravings
- Reducing risk of chronic disease
- Taking consistent action
- Making simple lifestyle changes
- Being healthy on the road and on the go
- Reducing inflammation
- Improving personal relationships & communication
- Making better food choices at work
- Alternative choices to unhealthy foods
- Replenishing essential fatty acids
- Getting support from others
- Creating lasting balance
- Stress reduction
- Reducing the consumption of chemicals and artificial ingredients
- Healthy alternatives to common recipe ingredients
- Assessing what form of exercise is best for your body
- Awareness when eating and in life
- Having fun!

Your program will include:

- Two 55-min. private phone or Skype sessions per month, including specific, personalized recommendations
- Valuable post-session notes, which can be referenced over and over
- Unlimited email support between sessions with 48-hour turnaround
- Inspiration and education as you transition and grow beyond old eating patterns
- Articles, reference materials, website and book recommendations, all catered to you
- Quarterly newsletter, with accessible information on nourishing foods, supplements, and recipes
- Motivational and emotional support
- Recommended lifestyle adjustments for a lifetime of balance and wellness
- Choice of health magazine subscription (one year)

Investment:

6-month wellness program (12 sessions):

\$1,170 (6 monthly payments of \$195)

OR

\$1,100 (discount for payment in full)

3-month wellness program (6 sessions):

\$585 (3 monthly payments of \$195)

OR

\$550 (discount for payment in full)

There is no charge for the initial 30-minute Health History Consultation.

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