

NT1:1 INITIAL ADD/ADHD/AUTISM ASSESSMENT

Nutritional Therapy 1:1 works with children and their families to assess and alleviate the nutrition related symptoms of ADD, ADHD, Autism and other spectrum disorders. Because I believe that healing must take place on a family level, parents and other siblings are encouraged to adhere to the nutritional protocols recommended. This usually results in improved health for the entire family.

ASSESSMENT

The initial assessment is to identify and evaluate the current diet and nutritional deficiencies in the child. This is done primarily through food journal records, family history, the Neurotransmitter Assessment Form (NTAF), Nutritional Questionnaire and interviews with the child and parents. On occasion, additional testing may be suggested to acquire more specific details. These tests are not included in the Initial Assessment cost.

EVALUATION

Upon completion and receipt of the assessment forms they will be reviewed and a plan of action recommended to the family. This usually includes lifestyle and dietary changes, supplement recommendation, suggested support materials & resources, and possible referral to other practitioners for additional therapies.

CLIENT COMPLIANCE

Successful outcomes are entirely contingent upon client (child & family) compliance. While some recommendations are short term to re-balance the body systems, some are permanent lifelong changes. For most clients the improvement in overall health far outweighs the inconvenience of diet and lifestyle changes.

I look forward to working with you to restore health and balance to your child and to your family. Please feel free to call on me with any questions you may have.

Fees

Initial Assessment \$150
Includes intake information (NAQ, Food Journals, Interviews) & 1 follow up appt

Home Visit \$50/hr
Includes assessment of current nutritional habits, discussion of alternative options, discussion with other family members

Supplementation (varies) +/- \$250
Initial Recommended Nutritional Support Protocol: Probiotics, Digestive Enzymes, Antioxidants, Vitamin/Mineral support, Aloe, Glutathione, Neurotransmitter support

Testing \$30 - \$150
Tests vary in cost, are usually Saliva or Fecal tests provided through DiagnosTechs in Washington.