



**TRADITIONAL NATUROPATHY AND HERBAL MEDICINE CONSULTATIONS with  
Mary Light ND MH LMT**

**Benefits**

**You may save a lot of time and money , and undue harm to your body, by avoiding drugs and surgery – most conditions do not require drugs and surgery. You will learn along the way about the self -care you can easily do at home.**

**Rather than merely suppress symptoms for a little while, our aim is to restore, strengthen and nourish body systems/organs/glands, so that they function better. In fact, “Functional medicine”, as you hear it, has borrowed the concept from us- the Traditional Naturopaths.**

**How we will work together**

1. History and concerns Intake- clients will first complete an intake , answering questions about their overall health, concerns and body systems. I will keep records and notes for each client for my clinical reference, follow up assistance, and to chart progress.
2. I will explain to you what is best to address first, and also explain other factors which may have, or are still, contributing to your health imbalances. I will design an **Evaluation and Treatment Plan** as a reference for both of us working together to restore your health.
3. The initial **Consultation Fee is \$195.00, cash payment**, covering our time, the initial Evaluation and Treatment Plan, and advisory on the issues. The initial Consultation is in a **time frame of 90 minutes**, preceded by my receipt of the Completed Health History Intake form.
4. I keep an apothecary, with pre-made formulations as well as the ability to custom make formulations. I can offer relevant formulations for purchase, and you have the total option to get your products anywhere you want. The herbal formulations are not included in the consultation fee- and they are itemized for clarity.
5. I work by advanced appointment.- currently offering time on Monday evenings, 5-730 pm, and Tuesday morning 830 -1230, as to what is available in my books.

