



Healing Naturally With Stasia

ABN 51291244685

Stasia Petralia (Ad. Dip. Naturopathy),
Certified Metabolic Balance© Practitioner

Lovat Street,
ELLEN GROVE,
QLD 4078

Ph: 0414147314

PERSONALIZED Metabolic Balance Wellness & Weight Loss Nutritional Dietary Counseling Program (12 weeks duration)

NOTE: An INITIAL NATUROPATHIC CONSULT (1 hour) needs to be conducted **before** the starting of this program (cost of initial Naturopathic consult is included when you decide to do Metabolic Balance). Metabolic Balance explanation, preparation, paperwork and assessment (30 minute complementary consult) is performed as well as bloods are organized in this consult.

What's included in the Metabolic Balance Wellness & Weight loss Program

1 Initial Naturopathic consult + 6 Metabolic Balance Wellness & Weight Loss Nutritional Dietary Counseling Program coaching consultations.

Naturopathic holistic prescription and tweaking of treatment (if required), throughout the whole program

Personalized Nutrition plan created and presented in personalized folder along with Menu plan & shopping lists for phase 2 & 3. (Distance consults PDF is emailed)

6 one on one coaching consultations over 12 weeks includes:

- coaching advice of Metabolic Balance program
 - Naturopathic advice and treatment where necessary
 - Recording of improvements and progress including photos (Before and after) to record visual weight loss progress in photo collage.
 - Access to the Private Stasia's Metabolic Balance Support Group on Facebook and to Stasia for urgent messages via Facebook.
 - weighing using body composition scales (Distance consults client undertakes)
 - measurement of hips, thighs and waist (Distance consults client undertakes)
- *Magnesium supplement capsules for bowel cleanse at client's cost.

TERMS and CONDITIONS –

Option one – Online / Phone package

\$1345 up front for the whole program (ALL Distance / Online / Phone consults).

For those that live too far from my clinic, the Metabolic Balance Wellness & Weight Loss Nutritional Dietary Counseling Programme **online costs \$1345** as you need to measure, weigh and photograph yourself. Plan and shopping lists are included as a PDF and emailed.

Please note that the required **blood tests needed to create your dietary plan are an additional approx. cost of approx. \$195**, if requested through me, otherwise your Dr may do all or some of the tests for you. Additional tests may be recommended when necessary at additional cost to you but will not be done without your consent.

Option 2 – IN CLINIC (Clinic opening 2020)

\$1445 up front for the whole program (face to face for all 6 appointments). This includes a print out of your plan in a professional folder.

Please note that the required **blood tests required to create your dietary plan are an additional cost** if requested through me, otherwise your Dr may do the whole panel of tests or some of the tests for you. Additional tests may be recommended when necessary at additional cost to you but will not be done without your consent.

Option 3 – Payment Plan Packages

Payment plans are available for all above packages (please note additional \$100 added to cost due to extra processing costs).

Option one – Online / Phone package \$1445

Option 2 – IN CLINIC Package \$1545

Each payment plan consists of 3 payments at either weekly or fortnightly intervals.

1st payment - \$500

2nd payment – \$500

3rd payment – Remaining of package as follows:

- **Online / Phone - \$445**
- **IN CLINIC - \$545**

NOTE – Payment plans **MUST** be **FULLY PAID before starting** the Metabolic Balance© Wellness & Weight Loss Nutritional Dietary Counseling Program.

Please note that the **blood tests required to create your dietary plan are an additional cost**, if requested through me, otherwise your Dr may do all or some of the tests for you. Additional tests may be recommended when necessary at additional cost to you but will not be done without your consent. **Blood tests CANNOT be more than 30 days old.**

Ongoing package to reach goal weight

If additional consults are needed after the 12 weeks to reach your goal weight I offer very affordable packages of 3 consults for:

Online / Skype / Internet / Phone - \$185.

In Clinic - \$190

Maintenance package

I recommend a 3 consult maintenance package. Consults consisting of every 3 weeks for an affordable:

Online / Skype / Internet / Phone - \$185.

In Clinic - \$190

Private Health Fund Rebates

The Metabolic Balance Dietary plan may be eligible for a weight loss program rebate through your **private health fund (client to check with your health fund)** but a receipt is given after full payment for you to claim a rebate. Unfortunately online consults do not attract rebates by health funds.

Payment

Payment is due upon invoice and can be made by **direct deposit (Preferred) or Credit Card**

Cancellation policy

Please note that if you decide to not continue the program no refund is given

Life sometimes gets in the way. If you are unable to attend your appointment we request that you provide **48 hours** notice so that someone else may use that time. If **48 hours** notice is not provided you may forfeit that consultation

I agree to these terms and conditions

Signature required

Full Name.....

Date

I look forward to working with you to improve your health © - Stasia Petralia, Naturopath at
Healing Naturally With Stasia