



Creating **RESULTS** Holistic Center offers healing opportunities for the *body, mind, emotions and spirit.*

Payment options include cash, check, paypal, and square. A **24-hour** notification must be given should the need arise to cancel or reschedule an appt.

Dr Nadine is a *Naturopathic Doctor* specializing in Nutrition, Herbs & Iridology; with over 35 years experience in the Health and Wellness industry; she is a Licensed Minister and gifted Healer. Dr Nadine offers the following services:

NUTRITION

INITIAL CONSULTATION one time only, 30-minutes **\$37**

DIET ANALYSIS in-depth and personalized with full report **\$285**
\$130 can be applied towards the purchase of a nutrition package

SESSION OPTIONS

- ☞ **Individual Weekly Nutrition Sessions** **\$77**
The same 30 min day/time slot each week.
The charge is weekly, billed monthly; due by the first Friday of the Month
- ☞ **9 Pack** weekly nutrition (\$74/session) **\$666**
- ☞ **13 Pack** weekly nutrition (\$71/session) **\$923**
- ☞ **Non-Weekly Nutrition Sessions** – 30 min session **\$97**
- ☞ **Family Nutrition Sessions** – booked in hourly increments **\$150/hr**
- ☞ **Contest/Photo Shoot Prep** **per event**

NATUROPATHY ~ IRIDOLOGY

- ☞ Initial **Naturopathic** Session/Evaluation **\$147**
- ☞ **Iris** Evaluation includes iris evaluation and personalized report **\$287**
- ☞ **Follow up Sessions** **\$107**
Naturopathy Sessions follow an Iris Evaluation. Naturopath sessions may include detoxification, candida, herbal, homeopathic remedies and supplement recommendations

PERSONAL TRAINING

- ☞ **Hourly**
- Single Session **\$85**
- 5 Pack (\$81/session) **\$405**
- 10 Pack (\$78/session) **\$780**
- 20 Pack (\$75/session) **\$1500**
- Training packages expire 6 months from date of purchase
- ☞ **30-min Individual or Group of 2** (per person/per session) **\$55**
- ☞ **Posing Practice** (for a show/session) **\$85**
- ☞ **Work Out Program** **\$150/program**
Routines are customized to YOU and good for 4-5 weeks
- ☞ **Personal Training + Nutrition combo**
Take an additional 7% discount off the package pricing when you purchase one Nutrition package and one Personal Training Package at the same time.

ENERGY WORK

- ☞ 30 min Clairvoyant **Reading** **\$125**
- ☞ 90 min **Healing** Session **\$360**
- ☞ 3 hour House or Business Healing **\$333-500**
Please visit MagnificenceMine.com for more information

Thank You for Allowing me to be of Service to YOU ~ **DR NADINE**

Deliberately Creating LIFESTYLE Changes to Last a Lifetime

970-443-2541

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CoachNadine.com
MagnificenceMine.com

Rates effective February, 2017

DESCRIPTION OF SERVICES

NUTRITION

In-depth Personalized Diet Analysis ~ *One time event* that provides key information to the start of your program! The report explains what is currently happening within your body, and changes we can make to assist in creating harmony, balance and vitality.

Private Individual Coaching Sessions ~ *This most successful option*, is provided *nation-wide* to those who desire to work with me in a private setting. Individual sessions meet for 30 minutes on a *weekly* basis in a time slot dedicated to you. This option is best for those who have the desire to heal their metabolism, as well as, balance the hormones insulin and glucagon on a path that creates your ideal body composition (fat loss) and an overall sense of health and well-being. Dr Nadine will *analyze* your progress and *educate* you on the choices you are making and the *affect* those choices have on your metabolism, insulin levels and health/wellness. Other issues (detoxification, candida, etc) will be addressed as they arise.

Family Nutrition Sessions ~ The major focus, when working in the Family environment, is to improve the *overall* nutritional conditions of the entire family. Initial sessions are used to discover what is currently happening with each member of the family and pin point the specific conditions we need to address (i.e. Diabetes, Arthritis, Cancer, ADD/ADHD, and Heart Disease etc). All members must 'buy in' to the conversations. Major areas we address in the Family sessions are the excessive consumption of *Sugar* and *Wheat* and the lack of *Protein* and *Healthy Fats* in the diet.

Individual Program Design ~ Some people desire a structure to follow without the support of a coach by their side all the time. A *personalized fat loss* program is designed for you that includes all four phases of my program and takes your major concerns into account. The length of the Stabilizing phase will be determined by your current caloric intake and where your calories need to go to create an optimal fat loss run. It is up to YOU to follow this program. Fees for an individual program design can best be determined after an initial consultation. Should you find you need assistance along the way and/or desire a coaching session periodically, single 30-min sessions are available.

Contest/Event Preparation ~ Contest preparation for a Fitness, Figure or Bodybuilding show can include nutrition prep for the contest, posing rounds as you approach your contest and workout design if desired. Preparation for a Photo Shoot or Modeling Event can include nutrition prep and workout design. Let me know your needs and we can create a program to fit them.



NATUROPATHY ~ IRIDOLOGY

Initial Naturopathic Evaluation~ The initial session is meant to explore the most prominent issue happening within the body. (i.e. Diabetes, Arthritis, Candida, Cancer, ADD/ADHD, Heart Disease etc). Together we then create a plan of action to heal the core issue. Healing happens from Inside-Out; Top-Bottom; and Last-First. The body will heal itself when given the appropriate environment to do so. Dr Nadine embraces a Holistic approach to your overall health and well-being which may include Detoxification, Herbal and Homeopathic Remedies, Nutrition adjustments, Stress reduction and Exercise. Your progress will be evaluated in **Follow up Sessions** and adjustments made to promote greater healing.

Iris Evaluation ~ An examination of the iris can assist with identifying potential strengths and health challenges within your body, without diagnosing disease. Your evaluation will provide information on the physical factors that may be contributing to present complaints/issues; how past suppressions may have set up the current problems being experienced; the organs/areas of the body needing support or treatment to increase vitality and regain balance; current lifestyle and emotional habits that may be contributing to the current condition, and information on how to maintain overall health and/or practice preventative measures. Should you then choose to embrace suggested changes, your progress will be evaluated in **Follow up Sessions** and adjustments made to promote greater healing.

DELIBERATELY CREATING LIFESTYLE CHANGES TO LAST A LIFETIME

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RATES EFFECTIVE FEBRUARY, 2017

ENERGY WORK

HEALING/Clairvoyant Reading/Chakra Clearing ~ This service is provided to anyone desiring more information about your current path/issues; choices being taken and/or opportunities available. The hour session can include reading your Chakra/Aura field, assisting you with shifting stuck energy, and/or hands on healing. Sessions range from 60 mins to 2 hours, based upon your needs. **Please visit MagnificenceMine.com for more information.**

Home or Business Energy Clearing ~ Clear stuck Energy in your Home and/or Business and reset the Energy for Abundance, Romance, Friendship etc. These sessions are intensive and take about 3 hours

Create Your Personal Power Field, Transforming Habits, and various **Women's classes** available.

PERSONAL TRAINING

Private Training ~ available at *Elan Fitness Center* located at 353 W Drake Rd #140, Fort Collins, CO 80521 Hourly, groups of 2+, and individual half hour sessions are also available. Private sessions are customized to you and your needs. We focus on where you are, and where you want to go with your physique.

Workout Program Design ~ A Workout Program will be designed for you based upon your current level of lifting/exercise abilities and your future lifting/exercising needs. Each program is good for 4-5 weeks in duration. At that time a new program would need to be written to stimulate further muscle growth. The intensity of the program will shift based upon your overall physique goals/needs.

Raise the BAR in *Overall Wellness* efforts

Create the *RESULTS* you want!

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