

Herbology Wellness Programs

Unravelling ongoing digestive complaints and low energy and mood can take time. Choose a supportive, personalised and comprehensive health program to recognise the root cause of your health issues, with tailored dietary, lifestyle and supplement advice to suit each stage of your program.

Bespoke herbal medicine will be personally mixed and prescribed to support you on your journey and help achieve your goals.

To gain deeper insight and direct your therapeutic plan we will advise on and utilise the latest clinical testing to assess microbiome and gastrointestinal health and uncover food sensitivities.

The length of your programme will depend on your current health status and what you hope to achieve, durations usually start with an initial 12 weeks to make real long-lasting change.

To succeed in your goals, support typically includes the following:

- Initial consultation –1.5 hours
- In-depth health and lifestyle assessment to consider symptoms, medical history, family history, lifestyle and stress
- Current medication and nutrients interaction evaluation if applicable
- Bespoke herbal medicine prescription with re-evaluation of herbs each month
- Personalised nutritional, supplement and lifestyle plan
- Recommendations on clinical tests and interpretation
- 'On track' check after 1 week
- Healthy eating shopping list
- Personalised gut friendly recipes personalised to each stage of your program
- Email support between consultations*
- 2 x follow-up consultations 45-60mins
- Personalised coaching to support recommendations
- Mini progress review calls



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All programs require your commitment, but your practitioner is there for you every step of the way with the level of support of your choice:

Reboot

For a personalised naturopathic, nutrition and lifestyle program with bespoke herbal remedies and *monthly* coaching and support.

Restore

Our signature, foundation program with *fortnightly* contact to nail those goals and stay on track.

Ultimate Reset

VIP package with intensive, *weekly encouragement* for the ultimate motivation and compliance. Ideal for those who would like more support or for more complex issues.

Prices

for packages vary from £395 - £895, contact: juliana@functionalherbology.co.uk to book in a free 20 minute discovery call to find out if we're a good fit and to see which package is best for you.

A **Naturopathic MOT** is available for £95 to new clients subject to availability – this is a one-off symptom analysis with 2 weeks of herbs to act as a 'pick you up' and enable us to get you feeling yourself again. It does not include ongoing support but the cost will be offset against the cost of a package if you decide to take a deeper dive into your health.

Program Terms and Conditions:

- Payment for programmes to be made in full on booking, or 50% on booking, 50% at first appointment.
- 24 hours' notice for cancellations of appointments otherwise it may be forfeited.
- Practitioner may require permission to contact your GP.
- All sessions within a programme to be completed within 15 weeks, unless with prior agreement).
- Cost of testing and supplements not included in the cost of the programme.
- Additional recommended herbal remedies not included. This may change if you choose to offer a higher-level inclusive programme.
- Full terms of engagement can be found on initial questionnaire sent to you and are also available on request.