



Vitality Natural Health and Wellness Center, LLC

“Promoting health and wellness through enhancement of the mind, body and spirit.”

MENU OF SERVICES

Today, health care consumers are seeking holistic and natural approaches to treat a wide range of diseases and disorders. With a growing interest in healing the whole person – mind, body, and spirit, naturopathy is built on this philosophy. Naturopathy is meant to enhance or complement, *not replace*, traditional medical approaches, providing individuals with more healthcare options. Naturopathy provides the best of both worlds combining the wisdom of ancient healing practices along with proven methods of modern medicine. This healing tradition emphasizes the body’s potential to heal itself and focuses on prevention and balance. The naturopathic practitioner explores the physical, mental and emotional aspects of each patient and looks to identify the cause of their condition rather than only treating the symptoms. Utilizing various modalities allows for the creation of individualized health plans for each patient based on their needs and goals.

We are proud to offer...

- ❖ **Homeopathy**
Treats the whole person with natural remedies through stimulation of the self healing process.
- ❖ **Clinical Nutrition**
What we eat influences every outcome of our health. We cannot function properly without adequate nutrition. Food is the best medicine.
- ❖ **Dietary Supplements**
Lack of vitamins and minerals can lead to disease. The therapeutic use of nutrients can replace deficiencies and strengthen vitality.
- ❖ **Botanical Medicine**
The use of herbs to support the immune and digestive systems, balance hormones, calm inflammation, improve cardiovascular health, enhance mood and support overall health.
- ❖ **Detoxification**
The build of toxins can be harmful to the body. Cleansing toxins from the body through diet and supplementation can increase the quality of life.
- ❖ **Lifestyle Programs**
Therapeutic lifestyle programs that help you maintain a healthy body composition to improve health, manage disease, feel better and reduce your risk to more serious conditions.
- ❖ **Constitutional Hydrotherapy**
Water therapy using hot and cold applications to promote detoxification, improve circulation and speed the healing process.
- ❖ **Massage Therapy**
Therapeutic massage reduces stress and tension, improves circulation and range of motion, reduces muscle pain and improves mood and energy.
- ❖ **Lactation Counseling**
Mother’s milk is known to be the ideal food for our babies. Mothers and babies who breastfeed are healthier in many ways. Education is the first step to improving the success of breastfeeding.
- ❖ **Infrared Sauna**
The hot, dry air of the infrared sauna is therapeutically different than a steam room sauna. It works to remove toxins and wastes, burn calories, clear cellulite and relieve pain as well as many other benefits for the body.

What to Expect During Your First Visit...

A visit to a naturopathic practitioner, or N.D., will be similar to a visit with your family doctor. Your first visit *may* take up to two hours. During this time, a very thorough history is taken, including questions about diet, lifestyle, habits, stress, family history and environmental exposures. Naturopaths look at the whole person, which means they consider a variety of factors before devising a health plan. During the visit, the practitioner will discuss various natural options with the patient and together the best health plan will be created making the patient an active part of the healthcare team.

Naturopaths believe in taking quality time to get to know their patients by listening and working with them to develop an individualized health approach. Naturopaths are committed to supporting the body's inherent ability to heal using natural therapies to restore health. By identifying and removing obstacles to health and recovery, naturopaths help to enhance the body's innate healing process. They are passionate about naturopathic medicine and remain truthful to the 6 principles of naturopathic medicine: *Primum Non Nocere – First Do No Harm; Vis Medicatrix Naturae – The Healing Power of Nature; Tolle Causam – Treat the Cause; Tolle Totum – Treat the Whole Person; Docere – Doctor as Teacher; and Prevenire – Prevention is the Best Medicine.*

What Kinds of Conditions is Naturopathy Beneficial For...

Naturopathy is beneficial for many conditions ranging from acute conditions such as an ear infection or a cold to more chronic conditions such as diabetes and hypertension. Naturopaths work to educate their patients on natural options from prevention of illness to healing acute and chronic disease.

Allergies ❖ Menopause ❖ Irritable Bowel ❖ Diabetes ❖ Chronic Fatigue ❖ Women's Health ❖ PMS ❖ Hormone Balancing ❖ Family Healthcare ❖ Arthritis ❖ GERD ❖ Asthma ❖ Hypertension ❖ Elevated Cholesterol ❖ Eczema ❖ Migraines ❖ Allergies ❖ Ear Infections ❖ Colds/Flu ❖ Cough/Congestion ❖ Sinus Pain/Pressure ❖ Weight Loss ❖ Preventive Healthcare ❖ Food Allergies ❖ Detoxification ❖ And More...

Fees...

- ❖ Initial Consult (75 minutes)..... \$150 (Child 10 and under...\$100)
Includes the initial health assessment where Dr. Dengler will take a comprehensive look at your medical history as well as the physical, mental, emotional, environmental and lifestyle factors affecting your condition.
- ❖ First Follow-up Appointment (45 minutes).....\$75 (Child 10 and under...\$50)
Following the initial consult, Dr. Dengler will analyze the case and create an individualized healthcare plan for the patient which may include diet changes, nutritional supplements, exercise, and lifestyle and stress management recommendations. The patient will need to schedule this follow-up appointment to review the healthcare plan (must be scheduled within 60 days of first appointment).
- ❖ Acute Consultation..... \$90
This type of visit is indicated for those conditions of an acute nature or sudden onset that require less amount of time.
- ❖ Nutrition Consultation..... \$85
- ❖ Nutrition Follow-up Appointments..... \$55
- ❖ Nutrition 3 Session Package\$175
Session 1: Health history review, nutrition history review, instructions for 3-day diet diary
Session 2: Review of 3-day diet diary, discussion of diet modifications, summary and goals worksheet
Session 3: Review analysis of 3-day diet diary, develop plan to meet short term goals and discuss long term goals
- ❖ Constitutional Hydrotherapy
60 minute treatment..... \$55
Package price for a series of 3..... \$145
- ❖ Lactation Counseling
Breast feeding education session (pre-baby)..... \$50
Breast feeding session with baby..... \$60
Breast feeding follow-up sessions..... \$40
- ❖ Therapeutic Massage
60 minute Swedish massage \$55
30 minute Swedish massage \$30
75 minute massage (with cupping) \$70
60 minute deep tissue massage..... \$60
Package price for a series of 3 (Swedish massage)..... \$145
- ❖ Infrared Sauna
30 minute session/ 45 minute session..... \$15/ \$20
Package of 10 (30 minute session)/ (45 minute session)..... \$100/ \$150
- ❖ Follow-up Appointments
Extended (60 minutes)..... \$95
Limited (45 minutes)..... \$75
Brief (30 minutes)..... \$55
Phone Consult.....(minimum) \$35
Email Support (unlimited for 1 month)..... \$50
- ❖ Free 15 minutes consults are available

Note: All scheduled appointments require a credit card to hold the appointment time that is scheduled specifically for you. Cancellations with less than 24 hour notice are subject to a \$50.00 cancellation fee for naturopathic visits and \$25.00 for all other appointment types.