

Call/Whatsapp +263 777 073 586

Naturopathic Nutritional Therapy combines the knowledge of up to date medical science and nutrition with the wisdom of natural medicine. It is based on the principle that given the right conditions that the body has an innate ability to heal itself. Each patient is regarded as unique and their lifestyle, diet, circumstances and personality is reviewed holistically to help uncover the cause of ill health. I use effective nutrition and health education in a coaching context to gently help you on a physical, psychological, emotional and even spiritual level. I work with you for as long as you need to reach your goals and start to enjoy health and life again.

Service	Cost in USD\$	
Pay as You Go	\$50	Appointments last up to 1 hour. 3 is minimum recommended
Mentoring Program 6	\$275	6 x 60 minute sessions (usually once a week) save \$25
Mentoring Program 12	\$499	12 x 60 minute sessions (usually once a week) save \$101
Health Workshops	\$0 - 25	Please see my website and facebook page for workshop topics, dates and venues.

All programs are also available remotely (i.e. by Skype) and the mentoring programs are periodically run in a group context. Please contact me for costs and availability.

Payment Terms

Cash after each appointment
Ecocash prior to appointment
Bank Transfer prior to appointment

Clinic Hours

Monday – Friday 9am - 5pm
Appointments outside of these hours may be arranged for an additional 10%. Please check availability

Nutritional Therapy

What to Expect

Once you've booked an appointment I will email you a health questionnaire to complete electronically and return to me at or before your initial consultation.

➤ **Initial Consultation**

- ✓ Establish goals.
- ✓ Top-to-toe health assessment & case history.
- ✓ Body Impedence Analysis: Weight, BMI, BMR, Body Fat %, Muscle %, metabolic age etc.
- ✓ Physical assessment: Measurements, blood pressure, oral pH, face, tongue and nail assessment.
- ✓ Top 3 Interim Tips

This appointment takes 1 hour and should be done face to face. Subsequent appointments can be done remotely if you are located out of town – e.g. by Skype.

➤ **Nutritional Plan Development**

Between your initial consultation and follow-up appointment, I will thoroughly review all the information, test results, food diary etc and formulate a targeted but realistic program for you in line with your lifestyle, capacity and goals.

➤ **Second Appointment**

Duration 1 hour

- ✓ Report on findings
- ✓ Discuss and explain your customised nutrition, lifestyle and supplement program
- ✓ Recommendations of additional diagnostic testing if necessary
- ✓ Answer any queries

➤ **Subsequent visits**

- ✓ Review your progress
- ✓ Review any test results
- ✓ Make any tweaks to your program or progress to the next phase
- ✓ Coaching to help you overcome any barriers to achieving your goals
- ✓ Establish a long term maintenance plan

The duration of your program and number of visits required is largely dependent on your short and long term goals as well as your progress, but this can be discussed and decided on as we go along.

It is important to remember that nutritional therapy addresses the root cause of your condition and is a natural way of giving the body the opportunity to reverse the effects of often years of poor diet and lifestyle management, suboptimal environment and sometimes chronic illness. Some improvements may be noticed immediately but others may be gradual and need perseverance and patience. All individuals vary greatly in their response depending on their current condition and motivation to follow the program.

Mentoring Programs

The mentoring programs use nutrition education and holistic coaching tools to help you acquire the knowledge you need to break unhealthy habits, implement new healthy habits and then help hardwire in your new healthy eating and lifestyle program. The coaching tools can be applied to cover all aspects of life that may be out of balance. It's a great way of finding balance in body, mind and soul.

Cancellation Policy

50% of the fee applies to cancellations with less than 24 hours' notice.

Please contact me or see my website for more details.



Laura Mussell Nutrition

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fascinating health articles, workshops,
discussion, recipes, special offers and more