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B S c (H o n s) ,
B H S c (N a t) M N H A A

Naturopath Solutions Wellness Pack



WELCOME

This Welcome Pack explains:

- how care is provided
- what to expect
- the steps required before your first appointment

To ensure your appointment is as helpful and focused as possible, please complete the required intake forms and the **Patient Consent & Agreement Form** in advance.

Before your first appointment

Please:

- read this Welcome Pack
- complete your intake forms
- complete the Patient Consent Form [Clinic contact](#)

Website: <https://naturopathsolutions.com.au>

Email: support@naturopathsolutions.com.au Phone:
0489 078 789

MY APPROACH: FUNCTIONAL TESTING IS CENTRAL

My practice focuses on **root-cause functional naturopathy**, supporting complex, chronic, and inflammatory conditions through:

- advanced assessment
- personalised treatment
- targeted functional testing

Rather than treating symptoms alone, care is guided by **measurable functional data**.

All patients complete the **Core 3 Functional Tests**, forming the foundation of accurate and efficient treatment:



- Functional Blood Chemistry Review (*interpreted using functional ranges*)
- **HTMA — Hair Tissue Mineral Analysis**
- **Genetic Pathway Assessment**

These tests allow treatment to be:

- precise
- structured
- results-driven rather than based on guesswork.

Typical testing costs range from **\$150–\$500 per test**.

A CALM, PHASED APPROACH TO YOUR CARE

Treatment is introduced **gradually and thoughtfully**, not all at once. Care unfolds in **clear, gentle phases**, allowing your body to feel:

- supported
- stable
- not overwhelmed

This improves tolerance, reduces unnecessary reactions, and supports **steady, lasting progress**.

Each step is guided by your:

- symptoms
- test results
- individual response

Phase 1 — Foundations

After your first consultation, treatment begins **gently** to:

- calm the nervous system
- support digestion
- build tolerance before deeper treatment

If anxiety is high — particularly with certain genetic patterns



(such as **MTR or MTRR variants**) — treatment is intentionally kept **minimal** until stability improves.

This pause is protective, not a delay.

Phase 2 — Targeted Treatment

Once results are reviewed and your system is ready, care becomes more **precise and personalised**.

This may include:

- **HTMA-guided mineral regulation**
- gut or microbiome support
- gene-informed nutritional care
- immune, inflammatory, metabolic, or hormonal support as required

Mineral balancing typically continues until the **next HTMA retest** (usually **3–4 months**), when adjustments are made.

Phase 3 — Maintenance

As health improves, the focus shifts toward **simplicity and stability**.

Where possible, supplements are **reduced rather than added**, keeping only what supports **long-term wellbeing**.

Guiding principle

Care progresses gently, and only when your body feels calm, safe, and ready.

CORE FOUNDATION PACKAGE (REQUIRED)

Once functional test results are available, the Core Interpretation Package — \$495 covers the professional time required to:



- carefully analyse your results
- determine clinical priorities
- create your personalised treatment plan

This includes:

- professional interpretation of blood chemistry, HTMA, and genetics
- a comprehensive, patient-friendly written report (typically 20–30 pages, including appendices, dietary guidance, supplement recommendations, and lifestyle treatment support) clearly outlining key findings, clinical priorities, and starting treatment directions
- treatment planning discussed in a follow-up consultation

Please note:

The \$495 fee does **not** include laboratory testing costs. Testing fees are purchased separately.

CONSULTATION FEES (AUD) AND WORKING TOGETHER

This clinic is designed for individuals who are ready to explore **deeper, root-cause care** through:

- functional testing
- structured supplement and dietary protocols
- ongoing follow-up for best outcomes

The focus is on **investigating underlying causes**, not quick symptomatic fixes.

Payment & booking

- Payment is required at the time of booking
 - Appointments are reserved exclusively for you
 - The **\$495 interpretation package** is invoiced once testing is ordered
-

Consultation fees

Initial Consultation — 90 minutes



\$275

Extended Follow-Up (Results Review) — 60 minutes \$195

Standard Follow-Up — 45 minutes

\$150

Cancellation policy

Cancellations with less than **24 hours' notice** incur a **50% fee**.
Missed appointments may be **charged in full**.

Scope of practice & medical disclaimer

Naturopathic care is **complementary and supportive** and does **not replace GP or specialist care**.

All recommendations are **educational** and based on **functional health evidence**.

MANDATORY FORMS AND LINKS

Please complete the required forms **at least 2 days before your appointment**.

Required forms

Adult Health History Form <https://naturopathsolutions.com.au/intake/>

Paediatric Intake Form <https://naturopathsolutions.com.au/children-intake/>

Out-of-10 Symptom Form
<https://naturopathsolutions.com.au/out-of-10>

Patient Consent & Agreement Form
<https://naturopathsolutions.com.au/consent/>



Optional questionnaires

Additional questionnaires (e.g., SIBO, histamine, mood) are provided **only if clinically relevant** after your first appointment.

THANK YOU

Thank you for taking your health seriously.

I look forward to working with you in a **structured, thoughtful, and results-focused** way.

Warmly,
Celia Grossman

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