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# Naturopath Solutions Welcome 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

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## 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.*

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## 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.

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## 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**.

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### Guiding principle

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

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## 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 analysis of **blood chemistry, HTMA, and genetics**
- a **2–3 page patient-friendly written summary** outlining key findings, priorities, and starting treatment
- treatment planning discussed in a **follow-up consultation**

**Please note:**

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

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## 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.

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### 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

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## Cancellation policy

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

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## 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**.

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## 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.

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## **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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### **Naturopath Solutions**

<https://naturopathsolutions.com.au>

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