



## Happy Spring! Here are my prices for this season, in 2019:

**Text Coaching Package:** Get live coaching help as a *follow up to your first two sessions*, via text message from 8am to 8pm Monday through Friday with the monthly package price invoiced at \$79 per month. The assumption is that an hour of total texting time will be used over the month. If a client's needs clearly go beyond this, the client will be asked to set up a one on one.

I am located one hour from the Portland airport—are you located in Oregon Wine Country? If not, we can meet by Zoom online, or there will be an added charge for me to come to you. Otherwise, here are my rates and offerings, all of which can be done via Zoom Meeting for the same price:

### **One on One Sessions:**

Pre-session, usually done in 60 minutes by phone one month in advance of Initial Consult, to determine whether the client should order any hormone, antibody, nutrient and/or organic acid lab testing. Special rate is \$100.00 (Normally \$125), plus costs of all lab testing. (Labs used are Precision Analytical and Great Plains.) This pre-session is optional, and ideal.

Initial Consultation to go over goals and history: one hour in length. Special rate is \$100.00 (normally \$125).

Follow-up Assessment to go over recommendations: one hour in length. \$100.00 (normally \$125).

Grocery Choice Coaching in store: 40-60 minutes in length \$75.00, 100-120 minutes \$150.00.

Food Preparation Coaching in my kitchen or yours: \$75.00 per hour if same day as grocery coaching; or \$125.00 per hour if the food is provided by me. All food provided by me will be organic, pastured, wild and/or homegrown quality food. Gluten-free cooking requirement in place if we are using my kitchen.

Detailed Food Plan Development: one hour in person to develop the plan, 30-60 minutes in person to "roll out" the plan, usually involves two to three additional hours of recipe development for me. \$300.00.

### **Follow-up "Check-in" Sessions:**

In person for 30 minutes. \$50.00

In person for 40-60 minutes. \$100.00

On phone for 30 minutes. \$30.00

On phone for 40-60 minutes \$60.00. This can be repeated weekly or monthly.

### **Group Sessions:**

Two-day retreat for up to 12 gives an overview of functional health for aging individuals, \$200 per participant for ten hours of educational instruction and hands on demos. Minimum \$1000 charge.

Ancestral Salads Class. One Hour, \$99 each or \$300.00 for four students. Light meal included.

Paleo Pressure Cooking Class. One Hour, \$99 each or \$300.00 for four students, light meal included.

Fermenting Veggies Class. One Hour, \$99 each or \$250.00 for three. No meal included.

Herbal Oils for Skincare and Health Class. One Hour, \$99 each or \$200.00 for three students, plus \$20.00 per student, for supplies. Small bottle of oil included.