



carriethienes@nwholisticnutrition.com

971-563-5300

Nutritional Consultation Fees:

10-15 Minute "Will this Work for Me?" Consultation.....FREE

Full Comprehensive Consultation.....\$275

Includes:

- 3 hours of in-office assessment, history, and nutrition consulting/education
- Online Nutritional Assessment Report** (over 200 questions to analyze symptom burden)
- 5 Day Food Journal Analysis** (assessment of dietary intake correlated with mood and symptom changes)
- Comprehensive Health History Intake** (extensive background interview. I want to hear your story)
- Functional Evaluation** (hands-on evaluation of over 40 neuro-lymphatic reflexes indicating the stress of various organs throughout the body, pulse and blood pressure analysis, tests for the adrenals, heart, allergies, digestive system, endocrine glands, fatty acid status, hydration status, neurological stress indicators, and tissue mineral assessment.
- Hair Analysis** (a comprehensive analysis of mineral imbalances, bioavailability of minerals, oxidation rate, stage of stress response, and metal toxicity. The findings on the hair analysis reveal foundational and often hidden roadblocks to full healing.
- Customized food lists, menu plan, and supplement protocol**
- Unlimited e-mail support**

*Due to the length of this initial consultation, it is broken up into 2 separate days. The first is a 2-hour session and the second is a 1-hour "review of findings" session.

Full Initial Consultation PLUS.....\$325

All of the above services, PLUS a comprehensive Functional Blood Chemistry Analysis. To further fine-tune your program, we take a comprehensive blood chemistry screen, lipid profile, thyroid panel, and other metabolic bloodwork and interpret the biomarkers for functional patterns that can be overlooked in traditional interpretation that only factors in "pathological ranges". This option is great for someone who has recently had "inconclusive" bloodwork and would like to know the bigger picture. This fee does NOT include the cost of labwork, which will vary based on the individual clients' needs. This includes a full-color report and analysis on your blood chemistry profile.

Remote Consultations*.....\$225

- Online Nutritional Assessment Report** (over 200 questions to analyze symptom burden)
- 5 Day Food Journal Analysis**
- Comprehensive Health History Intake**
- Hair Analysis** (a comprehensive analysis of mineral imbalances, bioavailability of minerals, oxidation rate, stage of stress response, and metal toxicity. The findings on the hair analysis reveal foundational and often hidden roadblocks to full healing).
- Customized food lists, menu plan, and supplement protocol**
- Unlimited e-mail and 2 half hour phone coaching sessions (beyond the initial phone interview/ review of findings)**

Remote Consultations PLUS*.....\$275

All of the above services, PLUS a comprehensive Functional Blood Chemistry Analysis. To further fine-tune your program, we take a comprehensive blood chemistry screen, lipid profile, thyroid panel, and other metabolic bloodwork and interpret the biomarkers for functional patterns that can be overlooked in traditional interpretation that only factors in "pathological ranges". This option is great for someone who has recently had "inconclusive" bloodwork and would like to know the bigger picture. This fee does NOT include

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the cost of labwork, which will vary based on the individual clients' needs. This includes a full-color report and analysis on your blood chemistry profile.

For remote consultations, intake forms will be mailed upon receipt of payment. Currently we accept checks, cash, and paypal to (carriethienes@nwholisticnutrition.com).

Office Follow-Up Session \$55

Reassessment of the functional evaluation and dietary and supplemental fine-tuning.

Extended Phone Consultation Session \$45/hour

Prorated for less than an hour, phone calls under 15 minutes are free.

Follow-Up Hair Analysis \$110

Recommended every 3-4 months, includes extensive interpretation and dietary/supplemental fine-tuning.

NEW! Organic and Thrifty Baby Hair Test \$60

This is an exclusive offers for babies (0-24 months) who are drinking the Organic and Thrifty Goat Milk Baby Formula. We offer rock-bottom prices for babies facing difficulties with breast milk or formula and work to restore balance to babies for a great start in life! Includes hair test and supplement protocol only. Mamas are encouraged to get the full comprehensive consultation to uncover the underlying problems as well! (www.organicthrifty.com is Carrie's blog)

ALa Carte Options:

Functional Blood Chemistry Analysis \$100

A comprehensive blood chemistry screen, lipid profile, thyroid panel, and full metabolic profile is taken and interpreted for functional patterns that can be overlooked in traditional interpretation that only factors in "pathological ranges". This option is great for someone who has recently had "inconclusive" bloodwork and would like to know the bigger picture. This fee does NOT include the cost of labwork, which will vary based on the individual clients' needs. This includes a full-color report and analysis on your blood chemistry profile.

2-week Personalized Menu Plan \$50

A personalized menu plan based on foods for your oxidation type as well as your favorite meals modified to fit your plan!

NEW! Recipe Makeover \$20

Do you have a few recipes that you would love to have converted to become more healthy? Send me the recipe and I will modify it, test it, and send it back to you! Prices may be subject to change based on complication ☺

Grocery Shopping Guided Tour \$20/half hour

What can you eat at Safeway, Trader Joe's, Winco? I'll join you as we do a walk-through of your favorite grocery store and look for the healthiest food for the thriftiest price!

Make Peace with your Kitchen \$45/hour

One of the toughest transitions is having to take total control over your own food prep. Carrie is happy to come to you and help you make peace with your kitchen by helping you get organized, purge your pantry of junk, and stock your fridge with delicious, nourishing grab-and-go snacks!

Once-A-Month Cooking Extravaganza \$45/hour

Too busy to cook from scratch every night? Then do it once a month! Carrie will help you plan out every step of an OMAC Extravaganza so that you aren't left wondering what to eat at 5pm every day! Grab some friends and make it a party!

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Private Classes **TBD**

Want to learn how to ferment your own veggies? Culture your own kombucha? Want to know how to make healthy snacks for your children? Want to know the principles of healthy weight loss or healthy pregnancy nutrition? Carrie is available to host private classes with a minimum of 3 and a maximum of 10 students. Fees depend upon class content and materials needed.

Discounts are available for family members of clients at a rate of 25% off.