Food is Medicine, the Science of Nutrition, and the Pathway to Authentic Wellness!

Introductory Service Offering

Comprehensive Health Assessment
This package includes an extensive health history, signs & symptoms evaluation, and 24 hour urinalysis. This comprehensive assessment is recommended for anyone with unexplained health concerns or for anyone who is interested in embarking on a program of optimal wellness.

This assessment consists of three appointments.
Visit 1) - 60 minute health review with signs & symptom evaluation and 24 hour urine analysis.
Visit 2) - 45 minute report of findings and recommendations
Visit 3) - 30 minute follow up visit $199.00

Regular Health Assessment
This package includes a health history, signs and symptoms evaluation and Iridology analysis. This evaluation is recommended for reoccurring health issues that are not serious or for those who simply want to begin steps towards a healthier life.

This assessment consists of two appointments.
Visit 1) - 60 minute health history, signs and symptoms
Visit 2) - 30 minute report of findings and recommendations. $99.00

Mini Consultation
This evaluation is for those who want quick advice or who have questions on how to begin a healthy lifestyle or to ask questions.

15-20 minutes $35.00

Follow up Consults

After a comprehensive or regular assessment has been completed, you can schedule additional 30 minute follow-up visits as needed to have your program monitored and adjusted.
Follow–up consultations are not available to new clients. $40.00

"Give your body what it needs and it will do amazing things"
Schedule your appointment today with Brenda Baker her cell is 301-509-7176