

# HONEY AND VANILLA

ESSENTIAL TOOLS FOR OPTIMAL HEALTH SEEKERS!

As a Registered Holistic Nutritionist™ I determine my recommendations based on a holistic, functional approach; meaning I take your whole being (mind, body and soul) into consideration. I cannot simply recommend just changing one aspect of an imbalance you may have when your mind and body are synergistically connected. I will take the time to tailor my recommendations to your specific needs to bring your body back to balance.

Before I see you for your first visit, please fill out the form I have attached below and email it back to me before your visit. Once I receive the form I will send you an appointment date and time and an invoice that will need to be paid by etransfer before your zoom call.

Initial visit (60 minutes) \$225.00 The goal of the initial consultation is to get to know you, your health concerns and your health goals. I will also answer any questions or concerns you may have. You will receive my initial recommendations on your first visit that may include handouts, small diet changes and supplement recommendations. I will email you a summary of what we spoke about afterwards. I may add some tools or specific foods to your summary after our call if I feel it will benefit you.

*Please note, I am no longer doing menu planning for clients, I do offer suggestions on how to nourish of course and share recipes that I have already created that I think would be good for you.*

If you have any questions, we can book a follow up visit, please email me at [info@honeyandvanilla.com](mailto:info@honeyandvanilla.com)

Return visits (30 minutes) \$85.00 The purpose of this visit is to address any new concerns, see how you are progressing, tweak your protocol and answer any new questions you may have. This can be by whats app or zoom.

Accepted payments forms

Send and E-transfer \$236.25 to [info@honeyandvanilla.com](mailto:info@honeyandvanilla.com)

\*\*\*Please note there is a \$50.00 cancellation fee on initial consultations and second visit.

Red Seal Chef Christina Acevedo P.C/R.H.N

[www.honeyandvanilla.com](http://www.honeyandvanilla.com)