

# NOURISH & BREATHE

## NATUROPATHY | APOTHECARY | VILLAGE

Welcome to Nourish and Breathe!

Please complete your 'Getting to know YOU', Health Appraisal and 3 Day Diet Diary Snapshot and bring to your first appointment, along with medications/supplements and recent (last 12 months) blood test results you may have.

### **The Nourish and Breathe Experience**

Your first appointment will be 60 mins and I will gather information that is crucial for me to understand you and your health concerns and goals. We will begin to formulate an action plan to give you the results you want. It is essential and beneficial that we begin this process by your investment in time taken to complete the attached questionnaires. Naturopathic Treatment is individualised for your needs and will be based on the findings of this appointment.

I am a University Qualified Naturopath specialising in Reproductive Medicine and Womens Health. Nourish and Breathe Clinic offers health plans and programs within a framework of nutritional and herbal healing implemented with dietary and lifestyle guidelines for guaranteed results. Our goal together is for you to achieve and maintain your optimal health and for this to become the way you live your life.

Payment: Cash and credit card. First Consultation (1hr) \$149. Follow-Up (30mins) \$80.

### **Directions**

Nourish and Breathe is located at Studio 7 Building 3.3, 1 Dairy Rd Fyshwick ACT 2609. Enter Dairy Road Precinct at Entrance 1, go straight ahead through the roundabout to the end of the road and turn right into the carpark. Follow signage to enter Building 3.3 at the rear. Nourish and Breathe is located in the corridor just past Flow Yoga. N&B has 2 doors, a shop|canteen|apothecary and the second door is for the clinic and waiting room. I may be in a consult, please make yourself comfortable and I will be with you shortly.

I am looking forward to meeting you and travelling this journey together.

Warmest Regards,

Rena Scott

Cancellation Policy: Please be aware, if you need to cancel your appointment within 48 hours notice or fail to show, you will incur a 100% cancellation fee. I do understand that life interferes sometimes with best made plans, please contact me if you are unable to make your appointment.