

What is a Naturopathic Concierge Program?





Hello,

Thank you for taking the time to learn about my Premiere offering of Traditional Naturopathic Care.

The purpose of this pamphlet is to answer any questions you may have about this service and learn why it's truly THE BEST means of using Natural Health to achieve balance in your life.

If there are issues I've forgotten or additional questions you have, I'm easily accessible in-person, by phone, and/or email!

Jennifer Gale

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What is Naturopathy?

Naturopathy recognizes that we exist as an interconnection of Mind, Body, and Spirit. Because of this truth, ANY one of these realms can both showcase a symptom or carry the root cause of disease. It follows then, that in order to enjoy a true return to health, an effective health solution must address all three realms to achieve superior health and balance.



Naturopathy as a belief sees the body as a self-sustaining organism that when given the proper materials and information has an inherent capacity for healing. Naturopathy looks to nature's forces of water, air, sunlight, rest, proper diet, and agents of the earth to establish healing and balance. These forces, combined with the mind/body/spirit energy that works inside us, funnel to create the most comprehensive healing system we can have.

In terms of the types of healing modalities Naturopathy uses, there are literally HUNDREDS that Naturopathy accesses. Some of the more well-known ones are using:

- Herbal preparations
- Physical manipulation or bodywork
- Essential oils
- Nutritional adjustment
- Community engagement
- Homeopathy
- Water therapy
- Energy work
- Sound/Color therapy
- Craniosacral Therapy
- Interaction with nature
- and there are plenty more.

What makes Naturopathy special is that each person is looked at individually so treatment and modality choice will be individualized and specific **JUST FOR YOU**. You may need nutritional adjustment, an herbal program, and some bodywork. Whatever the case, this program is the way to generate **EXACTLY** what you need and no one else.

What is a Naturopathic Concierge Program?

Simply put, it's a Traditional Naturopath at your fingertips providing all the best of old and new to help you stay healthy!

The Concierge model (also known as a retainer or membership model) is a relationship between a client and a Traditional Naturopath in which the client pays an annual fee or monthly retainer. In exchange for the retainer, the Naturopath provides enhanced services – which most importantly includes a commitment to limit client load to ensure adequate time and availability for each client.

- Allows for clients to pay for one year of personalized health work, payable in convenient monthly installments.
- Allows the client to choose the amount of time they wish or need to have access to Jennifer Gale, ND per month.
- Allows for more access via appointments, phone, email or text, in order to get questions answered as they come up. This is the reality of life and health: it happens on its own schedule! This flexible model allows time to address issues as they arise.
- Allows for extended consult times which allow more time to talk about the things that matter most to you.

This is the future of health maintenance and balance. Just as people are moving away from the “Pill for every ill” modern environment, the Naturopathic approach is enjoying a return to its rightful place in people’s everyday lives.

Health work is not one-time, quick-fix sort of action, it's ongoing dialogue between two people. The Naturopathic Concierge Model reflects and responds to this reality.

This method of health consulting is the most COST EFFECTIVE and EFFICIENT model of health balancing that exists today. The cost of just ONE consultation is almost the same as the monthly concierge price.

What Services do Concierge Clients Receive?

Concierge clients start their year with an extensive, personalized set of testing that is used as a baseline. This provides a solid foundation from which much of your naturopathic suggestions for health will generate. The testing involves:

- Gut Biome Assessment
- Metabolic Testing that assesses the Immune, Digestion, Detoxification, Energy Production, and the Nervous Systems
- Muscle Response Testing
- IgG Food Sensitivity Testing
- Functional Blood Chemistry Analysis
- Hormone profile
- BioEnergetiX WellNES System (BWS) Health Body-Field Scan
- An extensive health history is also taken to begin to craft a master plan to meet your health needs and goals.

Benefits of BioEnergetiX WellNES System (BWS)

Clients receive a full BWS protocol of body-field scan (Step One), treatment via NES MiHealth (Step Two) and access to supplemental NES Health Infoceuticals (Step Three).

Step One: Scanning Software

Comprehensive assessments rendered in seconds produce reports available through cloud-based portal which returns a personalized, recommended protocol to stimulate the client's innate self-healing abilities.



Step Two:

Rejuvenate and unblock energetic distortions with the powerful NEW Health MiHealth device (an FDA registered medical device). The MiHealth device uses proven PEMF (Pulsed Electromagnetic Frequencies) and biofeedback technology to clear pathways for information to flow through the body properly, providing immediate relief.

Step Three: Infoceuticals (see page 13)

Concierge Client Benefits (continued)

Each month, every Concierge client can choose to receive one full session of 1) Lymphatic massage, 2) Reflexology, or 3) Craniosacral Work.

Each month, every Concierge client can receive unlimited Core balancing as needed. CORE BALANCING is similar to a chiropractic manual adjustment that uses the legs to properly align the body posture.

You will have access to 24-hour resource and connection information through my GetHealthie Site and premium connection to Energy Healing through my NES Health BioEnergetiX Wellness System (BWS), including the BWS scan report results! With the BWS scan you will be able to review up to 150 systems and sub-systems of the Body-Field as well as:

- Energy Analysis
- Informational Analysis
- Nutritional analysis
- Environmental Analysis, and
- Emotional Analysis



Concierge clients have unlimited direct access 7 days a week via Phone, Email (and drop-in depending upon the time of day).

You can attend all Community Education classes for FREE.

There's EVEN MORE AVAILABLE AS NEEDED!
MAKE SURE TO ASK!

Client Testimonial

One of my favorite things is how she listens to each patient and treats them individually, knowing what works for one may not work for another. Her love of teaching is evident and she is able to explain concepts and treatments at each patients knowledge level. Each person needs to do things in their own time and she does not push.

Dr. Gale, with her various treatments has found what works for me and I am feeling better than I ever knew I could. My brain fog is gone, my blood work is all WNL (within normal limits), and the 20 pounds of weight lost were just a welcomed side effect of my body learning to work the way it should. She has given me the knowledge of how to live my best life.

*Tammy S.,
Nurse and Concierge Client*

Reflexology and Lymphatic Massage Therapy

Reflexology

Reflexology is an art/science that deals with energy pathways that correspond to glands, organs and parts of the body. It is a unique method of using the thumb and fingers to reflex these areas in both the feet and hands.

Reflexology can assist the body by relaxing it and stimulating blocked nerve endings, which helps sluggish glands and organs regain their normal functioning.

In simple terms, reflexology can:

- Relieve tension
- Increase nerve and blood supply
- Allow the body to normalize or balance

Lymphatic Massage Therapy

Lymphatic Massage is a gentle massage technique aimed to promote the draining of lymph from various tissues in the body, thus detoxifying the body. Even though it is a popular technique, care should be taken when performing it on individuals suffering from certain diseases.

Most massage therapy techniques aim to stimulate the body's muscles. Lymphatic massage therapy, however, specifically aims at detoxifying the body. Through body manipulation, it encourages fluids to move through muscles and tissues, thus toxins stored in the tissues move out and the lymph becomes healthier. It also causes the body to have a healthier immune system and substantial boost in overall energy levels.

While the detoxifying benefit is a primary reason to use this therapy, many people enjoy it for its relaxing benefits and some even utilize this therapy on sports-related injuries.

Color Therapy

Color and light are essential to our lives. We know that sunlight is basic to life, growth, health and energy. Depriving plants or animals of adequate light causes disease and/or destruction. The body absorbs color through the eyes, the skin and the aura. If any part of the body is weak, quite often the right color in the right place can restore balance.

Color is a form of electromagnetic energy that makes up visible light. It is made up of different wavelengths and frequencies – each color

having its own particular wavelength and frequency. These frequencies and wavelengths make up visible light energy and are a small part of the electromagnetic spectrum that makes up the Universe. The spectrum ranges between Infrared and Ultra violet.

Color therapy is a system of using color to balance the body and support well-being. The chart below describes some of the benefits for each of the colors available with Color Therapy.

COLOR	BENEFIT*
Red	Activates the circulatory and nervous systems.
Coral	Acts as a cleanser, strengthening the veins & arteries.
Orange	Energizes and eliminates localized fat. Helps address asthma and bronchitis.
Yellow	Strengthens the body and acts on internal tissues.
Green	Provides anti-infectious, anti-septic and regenerative stimulation.
Turquoise	Acts as a nerve relaxant. Creates a calming effect.
Teal	Stimulates the parasympathetic system, reduces blood pressure and calms breathing.
Strong Teal	Has anti-inflammatory and muscle relaxing effects. Fights tension and assists in relaxation.
Blue	Stimulates muscle & skin cells, nerves and the circulatory system.
Strong Blue	Lubricates joints. Helps address infections, stress and nervous tension.
Indigo	Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
Violet	Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness.

CranioSacral Therapy

Craniosacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University, where he served as professor of biomechanics.

Using a soft touch which is generally no greater than 5 grams—about the weight of a nickel—practitioners release restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventative health measure for its ability to bolster resistance to disease, and it is effective for a wide range of medical problems associated with pain and dysfunction.



Can I Cancel or Transfer My Membership?

If you are not satisfied with your Concierge service, you can cancel at any time.

However, any testing fees that you've incurred will need to be paid for at List Price that you've already received. For example, if you decide to cancel and have already received a food sensitivity test, the fee of \$200 will need to be paid for that test kit.

Yes, you can transfer your membership to a family member for one month if a health situation arises that you would like to approach with Naturopathic consultation. However, that family member will not have access to the entire battery of testing such as the Gut Biome Assessment and the others. Their consultation plan will revolve around in-house testing that I provide like Muscle Response Testing, Assessments, and Nutritional Assessment. After one month, membership will transfer back to you.

Independent Labs & Supplemental Products

Any follow-up testing, supplements, herbs, or suggested naturopathic therapies not covered as part of a consult are your financial responsibility. I recommend ULTA LABS for supplemental testing as desired or needed.



Safe, Secure and Private—Ulta Lab Tests provide you with a private and secure online account where you can review your lab test results online from the comfort of your own home, at a time convenient for you, 24/7.

Visit: UltaLabTest.com/JenniferGale

I serve as a consultant on a few of the products recommended and used in my practice. I can work with you to obtain such things as:

- NES Health Infoceuticals
- ProLon—Fasting Mimicking Diet Meal Plans



I have extensive knowledge of excellent local natural health resources. Please use me as a resource for finding quality herbs, supplements and supporting products.

NES Health: Infoceuticals

Step Three of the BWS system uses NES Health Infoceuticals to reimprint the information of the body's control system. These supplemental proprietary liquid remedies are encoded with bio-information designed to correct imbalances of our Body-Field—the energetic blueprint of our physical health.

The Benefits:

- Infoceuticals correct Body-Field distortions to kick start your body's innate healing ability.
- Most people notice an immediate sense of enhanced wellbeing and vitality.
- Some experience more dreams and a greater sense of personal insight.
- Infoceuticals may stimulate positive shifts in the specific physical and emotional issues you are addressing.



Types of Infoceuticals:

Energetic Drivers (EDs)

Power the Body-Field so it can efficiently coordinate the complex functions of your physical body, enhancing energy and vitality.

Energetic Integrators (EIs)

Direct the flow of energy and clear distortions of information pathways that the body uses to function properly.

Mind-Body Infoceuticals

Deal with the emotional side of energetic health, assisting with stress, emotional trauma, and higher emotions to express our true selves.

Energetic Terrains (ETs)

Designed to reestablish healing messages and active energetic immunity within the Body-Field.

Energetic Stars (ESs)

Think of these as targeted support. Helpful in cases with major bioenergetics blockages correlated to the body's metabolic pathways and survival mechanisms.

Feel Goods

Used on a symptom basis and can cause a sense of "feeling good."

ProLon: Fasting Mimicking Diet (FMD™)

ProLon is a convenient 5-day meal program based on a complex proprietary combination of ingredients known as the first Fasting Mimicking Diet (FMD™).

The meal program consists of scientifically formulated, great tasting, plant-based foods that are either ready to eat, or easy to prepare, including soups, bars, snacks, supplements, a drink concentrate and teas.

Here's what ProLon can do for you:

- Decrease body fat
- Decrease body weight
- Preserves lean body mass
- 60% of weight loss is maintained 3 months after resuming normal diet

Maintain Healthy Levels of:

- Fasting blood glucose
- BP, cholesterol and triglycerides
- C-reactive proteins
- Stem cells
- Insulin-like growth factor 1 (IGF-1)

proLon® Promoting health and **Longevity**



Jennifer Gale, ND



JENNIFER GALE, THE URBAN NATUROPATH

Ancient Ways for Modern Days

www.UrbanNaturopath.com

Education

- Naturopathic Institute of Therapies and Education – NITE, *Mount Pleasant, Michigan. 2017*
- Bastyr University, Basic Cadaver Anatomy Certificate, *Kenmore, Washington. 2017*
- Board Certified Naturopath – American Naturopathic Medical Certification Board (ANMCB), *Las Vegas, Nevada. 2017*

Specialty Training

- Functional Diagnostic Nutrition Practitioner—FDN-P, Functional Diagnostic Nutrition © 2017
- Functional Blood Chemistry Analysis – 2019
- Certified Holistic Cancer Coach—Center for Advancement in Cancer Education beatcancer.org—2019
- Certified NES Practitioner—2020

Memberships

- American Naturopathic Medical Association
- Dinshah Health Society
- Member, American Herbalists Guild

Volunteer Work

- Naturopaths Without Borders
- Michigan Urban Farming Initiative



ALL THINGS
NATURAL HEALTH

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