

The three plans of choice are as follows:

Plan 1. Initial work-up with one of the nurse practitioners.

You may do the program on your own with the Ultra Meal plan.

A six week consult with the nurse practitioner.

COST: \$195.00 plus Ultra Meal and supplements.

Plan 2. Initial work-up with one of the nurse practitioners.

Firstline Therapy: A 12 week step program with Ultra Meal plan.

A six week consult with the nurse practitioner.

COST: \$395.00 plus Ultra Meal and supplements.

Plan 3. Initial work-up with one of the nurse practitioners.

Firstline Therapy: A 12 week step program with Ultra Meal plan.

Hypnosis and NLP session with Dr. Cherie Santasiero for in-depth emotional triggers of why you may eat and when you eat.

A six week consult with the nurse practitioner.

COST: \$495.00 plus Ultra Meal and supplements.

SEDONA
HOLISTIC MEDICAL CENTRE

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***SEDONA'S
HEALTHY
WEIGHT LOSS
MANAGEMENT
PROGRAM***

Would You Like To:

Have more energy?

Be thinner?

Have more sex drive?

Be stronger?

Think more clearly?

Remember things better?

Be less moody?

Sleep better?

Get rid of cravings for sweets?

The goal of Holistic Nutrition is to help individuals reach and maintain optimal health & weight through adequate intake of nutrients for health promotion and disease prevention. Nutrition is not a diet. It is the relationship of foods to the health of the individual.

Aging and degenerative diseases including heart disease, diabetes, arthritis, cancer and other immune disorders usually improve when nutritional deficiencies are corrected. At Sedona our goal is to guide you on healthy nutritional and lifestyle changes for a healthy emotional, physical and spiritual body.

We encourage you to take steps toward a healthy lifestyle and come in for an initial consultation with Cherie Santasiero, Ph.D. or our Holistic Integrative Nurse Practitioners: January Chaffee HNP, or Jacqueline Pacos, ANP.

Initial visits include an evaluation of your present nutritional and lifestyle habits and a professionally developed individualized plan of care for optimal health.

FirstLine Therapy Program

For those who want a comprehensive program, we also offer the FirstLine Therapy Program. This 12 week program focuses on how to make lifestyle and nutritional choices for healthy weight and body composition. This Therapeutic lifestyle program focuses on the underlying causes of many common health problems. The program includes: an easy to follow meal plan,

FDA approved medical food supplements (proven in clinical trials to help control conditions such as high cholesterol, diabetes, and promote healthy body composition), and a moderate amount of physical activity. However, we offer a choice of nutritional plans, all individualized to each patient by our nurse practitioners. We also suggest NLP, along with Ericksonian Hypnotherapy, with Dr. Cherie Santasiero, PhD.

Weekly topics include explanation of the macronutrients (carbohydrates, fats and proteins), micronutrients (vitamins and minerals), supplements for proper food metabolism and digestion, stress management, food shopping and exercise.

Hypnotherapy & Weight Loss

The Facts: Hypnosis **cannot make or force** anyone to do anything against his or her morals or convictions. Hypnosis is **not magic**. For people who really want to reach goals, hypnosis makes it easier. Hypnosis helps the creative unconscious mind communicate new ways to reach goals.

The program can take 3-5 hypnotherapy sessions. So, the individual must be **really committed** to following direction. Also, before making an appointment for hypnosis for weight loss with Dr. Cherie, it is a prerequisite to get The Southbeach Diet book and read the chapter on diabetes. She also asks that the individual make a list of his/her favorite foods & keep a record of his/her eating habits (times of day& why) for a week.

Cherie Santasiero, Ph.D., Mh.D., Rh.D., MNLP, MHT, is Sedona's President and Spiritual Psychotherapist. She earned her Master in Neuro-Linguistic-Programming with Richard Bandler, Ph.D., co-creator of NLP. She is a certified Master Clinical Hypnotherapist and includes Ericksonian Hypnosis in her practice. She has Doctorates in Transpersonal and Alternative Medical Therapies, Ro-Hun Psychotherapy, and Metaphysics.

Linda Ann Taylor,ANP APRN-BC:

Linda is a Master of Science graduate of the Daemen College Adult Nurse Practitioner Program. Board Certified by the American Nurses Credentialing Center as an Adult Nurse Practitioner, Ms. Taylor is a Member of the Nurse Practitioner Association of WNY, the American Holistic Nurses Association, and the Amherst Chamber of Commerce. She can also be found in the May 2006 edition of Women in Business. She has been a student of Metaphysical and Spiritual studies and has received her Master Attunements for Reiki. Linda's background includes nearly 30 years of study of various modalities of both traditional and complementary medicine. The purpose of her practice is to provide clients with holistic medical care in an effort to promote optimal health and prevention of disease.