

## FREQUENT QUESTIONS ..... & their answers

*Private Practice of Mary Light, ND MH LMT 734- 769- 7794*

### **Q - I want to come in for a consult- what should I expect?**

A - With new clients, I will send an intake form, and possibly an additional short dietary intake. This may not be necessary if they just want to ask a few questions and discuss a simple issue. But many people call me with longer standing health challenges, and in cases such as that I would suggest a standard consult. Either way, a one hour time frame with me is currently \$50.00, and for first time clients this is paid in advance, after which time I can confirm the appointment on our mutual calendars.

I look over the intake form for information, and when the person arrives at my office, we go over the information. Depending on the situation, I may do some assessments- an iris reading, or other **simple and non- intrusive assessments**. I am looking for body system weaknesses to support and strengthen.

Here is a short and non- comprehensive list of issues I have worked with successfully in the past 15 years: thyroid imbalances, fertility issues, pain, digestive disturbances, desire to get off meds and take a holistic path, emotional healing through energy balancing bodywork (I MariEI, Polarity), various kinds of systemic fatigue (adrenal, reproductive, immune system related, nutrition related); sleep quality issues, feeling imbalanced, recovery from trauma and/or injury, recovery from addictions, Post-Traumatic Stress issues, complementary support during or after medical procedures, headaches, fibromyalgia, and more. Traditional Naturopathic approaches do not depend upon having a medically named disease to start out preparing a health and healing plan or protocol.

I then prepare a plan to follow, integrating whatever recommendations I feel necessary with food medicine changes, and with herbal therapeutics. We have herbal medicines on hand for purchase, or the client may simply take the list and go elsewhere. Additional costs for these purchases may vary between \$50.00- 200\$, on average. Beyond that, deeper levels of disease and malaise require a follow up, and I will do a follow up within 2 weeks, suggesting further appointments for further evaluation and treatment. I welcome follow up questions free of charge between appointments at all times.

### **Q - I am curious about bodywork and massage therapies, what should I expect?**

A - Massage Therapy has evolved into some very effective branches of care which we call “modalities”. Massage- basic soft tissue work- is done on a specially made table, with the client draped at all times for comfort and warmth. My work is done in comfortable, private session rooms in an overall peaceful and respectful setting. After 20 years in this field, and receiving much work myself, I have a good sense of client care, approaches, and Evaluation & Treatment to offer the client in order to meet a variety of goals. I offer one hour appointments and one and a half hour appointments. I do not accept tips. Modalities include Swedish, connective tissue, myofascial, neuromuscular therapy, polarity, reflexology, prenatal /postnatal massage, and integrative work of all of those modalities. Fees are \$50 and \$75.00 respectively unless I am offering a special. Energy Balancing Sessions are done with the client fully clothed. I welcome all questions.

