WHAT TO EXPECT

Well done on choosing to “go natural” in handling your health problems. I want to ensure that you understand how this works and what to expect. Most of our clients have been to numerous medical doctors and still have the same health issues that just never seem to resolve. That is because no one listened to them and really took the time to dig into their health issues. That’s where we come in… we educate you to balance your hormones, remove toxins in your gut, and monitor you to ensure that you are progressing as you need and want to with your health! Our services are very unique and unlike any other natural health provider in Louisiana. We are the bridge between a sterile medical doctor's office and just winging it at the health food store. As holistic consultants we become your health advocate and help coordinate standard medical care with correct holistic handicings. Each client is very important to us and we take a great deal of time with every person we work with to educate & help you create a personalized program of diet, hormones and supplementation.

When you consult a Doctor of Naturopathic Ministries/Holistic Health Consultant for counsel, you will find a person committed to the holistic approach to health. There are two types of “Naturopaths”:

1. Traditional Naturopath (private schools), or

2. Medical Naturopathic physician (4 year residency “medical/naturopathic” school)

In our office we offer you traditional naturopathic ministerial services. It is our strong belief that neither should encroach on the other and that all “healing” practitioners (traditional or medical naturopath or standard medical, etc.) should complement each other and coordinate with each other. We also strongly believe in working closely with your primary STANDARD medical doctor(s) to assist you in reaching full health! Many times a Traditional Naturopath counselor/minister in doing personalized evaluative procedures, may unearth causes that “standard” medicine has overlooked. An ethical Traditional Naturopath would work in conjunction with you and your medical doctor to help you truly achieve good health. A traditional Naturopathic “doctor”/consultant would also understand that there can be many unsafe interactions between pharmaceutical drugs and natural substances such as herbs and vitamins and work with you to alleviate that from happening. Many times natural substances can be found that can take the place of some pharmaceutical drugs if the client wishes to do so. The key is cooperation and learning with all involved to assist YOU to heal.

“Naturopathy is a philosophy which encompasses a view of life, a model for living a full life. The word naturopathy is a Latin-Greek hybrid which can be defined as ‘being close to or benefiting from nature.’” — Stewart Mitchell, Naturopathy: Understanding the Healing Power of Nature

A traditional, classical naturopathic minister specializes in wellness and education. That is to say, teaching clients how applying natural lifestyle approaches can act to facilitate the body’s and spirit’s own natural healing and health building potentials. The traditional naturopath does not undertake to “diagnose” or “treat diseases,” but rather recognizes that the majority of sub-health conditions are cumulative lifestyle effects, and that the underlying cause of what we call “disease” (or, "dis-ease") is improper diet, unhealthy habits, spiritual trauma and environmental factors which cause biological imbalances leading to a weakening of the bodies’ natural defenses and subsequent breakdown in health. We truly view you as a WHOLE … not just a number of individual symptoms that need to be addressed.
Traditional Naturopathic Code:

1. Do no harm;
2. Recognize the healing power of nature;
3. Identify the cause;
4. Involve the whole person;
5. Teach rather than treat;
6. Identify the source;
7. Prevent the disease.

Monitoring: If the medical doctor gives a person a particular “prescription” based on their test results and then doesn’t MONITOR the person... he/she just might be a mess 30 days later. Hormones & body chemistry are constantly shifting and changing (just like Louisiana weather!).

That's where we come in ... to help you monitor the results and educate you so you can make the changes necessary by either working with us along side a good medical doctor or through our office only. If we have also referred you to a local doctor, you can count on us to stay coordinated (with your help!). It may take correct medical along with correct holistic to truly help you get back to health.

We like to see each client every 30 days to take an inventory of symptoms as they change and help you make adjustments. We make sure that you have email access to our office for questions, concerns, and help at any time. It may take a lot of tweaking to help you reach a balance. Depending on many factors: diet, toxins (bacteria, virus, yeast, etc), lifestyle, etc. hormones can and will change. It takes some work to “get it right” and even then, this is something you will constantly need to pay attention to as you age.

Results: There is no magic pill. And no doctor can ever know exactly how your body will respond to any supplement, hormone or medication. You may show on a test to need a particular substance but your body may not be able to handle everything at once... especially if you've been imbalanced for a long time. We will do the best we can based on test results and symptoms to help you understand & manage this.

A note on diet.... If you continue to eat an unhealthy diet (ie. foods that create inflammation and acidity) drink alcohol in excess, skip meals... you're going to have a hard time balancing anything in your body! The cleaner and more organic your diet is the easier it will go for you.

Any time a client is having lots of trouble balancing hormones, yet they have followed all the holistic protocols and dietary guidelines... then we know there is something “fighting” us in getting results. It’s not unusual for us to request testing that uncovers toxins that the regular medical doctor may not have looked for. Through proper and extensive blood testing, food allergy testing, hair tissue mineral analysis, organic acid urine tests, etc. we will look for hidden viruses and bacteria or heavy metals or food allergies that might be in the way. This also may take correct medical as well as correct holistic protocols to handle. We know that a little spiritual counseling might be in order to help you to achieve a more tranqul life environment. I am trained as a Naturopathic Minister and can assist you with this.

We may suggest a protocol of supplements to assist your body in getting chemically and nutritionally balanced. Individuals with health challenges have a greater need for certain nutrients than the normal requirements for a healthy individual. If you’re experiencing a chronic imbalance, illness or disease in the body, it will usually require increasing your nutrients 7 to 10 fold during the healing time (6 months to 2 years) to compensate. Please read the last chapter in my book DISCOVER HEALTH for a full understanding on healing time!

BOTTOM LINE: it takes communication and monitoring of changes as you progress toward a more healthy and balanced life. We are here to assist you. We are the BRIDGE between a sterile medical doctor’s office and winging it at the health food store! We’re here to help you FINALLY determine what is causing your ill health.
Marie Pace,  DNM, HHP, CNC
Doctor of Naturopathic Ministries, Holistic Health Practitioner, Certified Nutritional Counselor & Health Coach

- Board Certified as a Holistic Health Practitioner/Consultant and Certified Nutritional Counselor specializing in hormone & nutritional consulting by the American Association of Drugless Practitioners
- Diplomat Member of the American Association of Nutritional Consultants
- Member of the American Holistic Health Association
- Registered Naturopathic Diplomat with the National Registry of Naturopathic Practitioners (NRNP)
- Author of groundbreaking book on natural health: “DISCOVER HEALTH”
- Graduate of Trinity School of Natural Health and awarded the diploma as a Doctor of Naturopathic Ministries

* Member of the American Naturopathic Medical Assn.
* A STARCH SOLUTION Certified Graduate

* Note: Trinity School is accredited and recognized by the American Naturopathic Medical Certification and Accreditation Board, Inc. in Las Vegas, Nevada (www.anmab.org). The difference between a professional accreditation and a government accreditation: Professional accreditation is very important because it means that the accreditation board is made up of MD’S, ND’S, DO’S, DC’S and other professional practitioners. Government accreditation is deemed only if your government allows and gives you permission.
The Optimum solution to any problem is that solution that does the greatest good for the greatest number of areas of your life... or your health! That is why the name of my company is OPTIMUM SOLUTIONS HOLISTIC HEALTH... and the Optimum Solution is based on the 3 “R’s” to natural health...

1. **Remove** – in order to achieve the optimum environment for health in your body it might be necessary to literally remove anything that is in the way... that means killing off yeast, fungus, viruses, bacteria, or literally removing heavy metals that are stored deep in your tissues and organs... these substances are what have stopped in you in the past from achieving good results with not only natural physical handlings but they can even stop good medicine from working properly. So a natural detoxing method might have to be used to truly assist you to return to good health.

2. **Replace** – we now might have to replace what you’re missing... and I mean that literally... you might be very deficient in Vitamin D3, or lacking magnesium or you might be very deficient in key amino acids and proper enzymes to break down the food you eat or maybe you're empty on vital hormones! In any case, finding out what YOUR particular body needs... and listen... this is key... what your neighbor or co-worker or best friend is lacking may not be what YOU are lacking... I don't believe in assuming anything about your health... and I don't believe in trial and error when it comes to your health... Replacing missing nutrients and hormones can ONLY be done properly with correct testing.

3. **Rebuild** – This is where time comes into the picture... it takes time to rebuild your body after the years of abuse most of us have gone through eating tons of sugar, chemicals, toxic substances, drugs, empty calories (all in the name of food), skipping meals and throwing our blood sugar out of what, never removing toxins and pushing our bodies past the limit! Did you know that you literally grow a whole new body every 7 years? That's right! Every moment of the day you have cells in your body dying off and being rebuilt with the building materials called food and nutrition. Every few months cells do a complete turn-over... and every 7 years every single cell in the human body has been regenerated... the key here is that your cells are rebuilt with the stuff you put in your mouth! So if you've been rebuilding your cells with faulty building materials (cakes, candy, chips, breads, cokes, all your basic junk food) or maybe you've scrimped and not fed the body at all by skipping meals (now NO building material is available!)... well then... you end up every year a little sicker and a lot older looking and feeling!

We are going to teach you how to rebuild YOUR body properly... the true key to anti-aging.

**-- Dr. Marie Pace, DNM, CNC**
Holistic Counseling and Testing COSTS:

Your regular medical doctor is most likely NOT educated on the idea of “let's dig till we get to the bottom of your body's poor function”. Insurance companies also inhibit them and/or their state medical boards do not allow them the freedom to order all the testing that might be necessary to finally discover what is causing your ill health. That is where we come in with our services. All lab fees are to be paid in advance. Prices are subject to change due to individual lab’s discretion.

Not all testing is done on every client.

At the initial consult/counseling session you and your holistic consultant will decide which tests, if any, will be best for you. More information on each type of testing method is available on our website at: www.mariepace.com/shop/alternativetesting

Consults and Muscle Testing: Initial consult for any new client or returning client after 2 years is $175.00 — includes full initial assessment and up to an 1 hour consult (additional $70 per half hour after initial hour), free copy of my book DISCOVER HEALTH & a free CD

Follow-up consults and in-office muscle testing is $70 per 30 minutes, $140 for 1 hour, etc. We give a tremendous amount of service to our clients: answering email questions, texting, quick care calls, researching, etc. at no charge. It is imperative to us that you have easy access to our office and get answers as quickly as possible. We do the best that we can to accommodate everyone… your health and happiness is actually very important to us. If email questions become lengthy or too numerous we will request that you set up an in-office or phone consult.

We do charge a fee for ANY blood test and/or saliva test brought in to our office for evaluation from another doctor's office: up to $125. When our clients choose to use the regular medical doctor to run labs, there is quite a lot of extra work that goes into doing the evaluation (written) and getting copies of tests sometimes takes up to 6 phone calls back and forth. When we order labs for blood work we have the ability to control the entire cycle from beginning to end and can see results literally as they are coming in from the lab. When labs are run outside of our control (other doctor's offices) it takes extra steps, time, etc. Marie Pace has extensive training and expertise (14+ years) in reading blood and/or saliva testing from a holistic and functional point of view. She does a complete write up for you explaining every little detail of your blood test results so that you can take complete control of your health and have a better understanding of your body. This service is exclusive in Acadiana. This charge is non-negotiable.

If our client wants us to suggest correct testing so that their medical doctor can run it... the fee is $50. This covers our administrative costs to request, handle, follow-up, etc.

Saliva Hormone testing: Cost $180 - $499 + (depending on number of hormones tested)

We utilize the most cutting edge lab which is FDA approved. They pool four small samples easily collected throughout the day... this gives an average of the values for Estradiol, Estriol, Progesterone, Testosterone and/or DHEA. While these hormones do not have diurnal rhythms, their values fluctuate greatly throughout the day. Therefore, an average of these hormones is far more clinically relevant than a single AM value used by other labs. Cortisol is checked minimally AM & PM and it is highly suggested that we also test afternoon and early evening levels of this key stress hormone. Saliva measures the free bioavailable hormone levels in the body, while serum measures only the protein bound non-bioavailable hormone levels. Therefore, serum is a much less accurate measurement than that of saliva when assessing functional hormone levels. This is why we use saliva hormone testing instead of sending you to the lab to have blood drawn!
HTMA—Hair Tissue Mineral Analysis: **Cost $199**

Hair analysis is much more than a test for minerals. From a small sample of hair, you can learn about your metabolic rate, stage of stress, immune system, and adrenal and thyroid glandular activity. The test offers accurate information about carbohydrate tolerance, energy levels and tendencies for over 30 illnesses, often years before they manifest. You can also tell if you are eating enough protein, eating too many carbohydrates, and whether a vegetarian diet is working for you. This is also a vital test for heavy metals that can be contributing to many of your health issues: ADD, Breathing problems, Osteoporosis, Adrenal Fatigue, Headaches, Depression, arthritis, Stress, etc. Over 22 different mineral patterns are checked as well as heavy metals. **This is the most vital test for correct calcium levels in the body for women concerned about osteoporosis.**

**FOOD allergy test for children and ADULTS: Cost is $335.00 and tests 93 foods:** (This is an allergy test not a sensitivity test) Helps determine if food reactions are contributing to physical or mental symptoms. Research and clinical studies suggest food allergies identified by IgG testing can be a major contributing factor in many chronic health conditions (IBS, SIBO, Etc.). Food rotation and elimination diets can reduce stress on the immune system, lower gut inflammation, resolve food cravings, and reduce the potential for eating disorders. Individuals with neurological, gastrointestinal, and movement disorders often suffer from IgG food allergies. These people may continue to eat offending foods unaware of their potential effects. IgG antibodies provide long term resistance to infections and have a much longer half life than the traditional IgE allergy. Symptoms may occur hours or days after the offending food has been eaten. The 93 foods tested in the IgG Food Allergy Test w/ Candida can identify problem food so it can be eliminated from the person's diet. This elimination of IgG positive foods can improve symptoms of irritable bowel syndrome, autism, AD(H)D, cystic fibrosis, rheumatoid arthritis, SIBO, and epilepsy according to numerous clinical studies. **FOODS TESTED:**
- Almond
- Apple
- Apricot
- Asparagus
- Avocado
- Baker’s Yeast (Saccharomyces cerevisiae)
- Banana
- Barley
- Beef
- Beet
- Blueberry
- Brewer’s Yeast (Saccharomyces cerevisiae)
- Broccoli
- Buckwheat
- Cabbage
- Candida albicans
- Cane Sugar
- Carrot
- Cashews
- Casein
- Celery
- Cheese
- Chicken
- Cocoa
- Coconut
- Cod fish
- Coffee
- Corn
- Crab
- Cranberry
- Eggplant
- Egg White
- Egg Yolk
- Flax
- Garbanzo Beans
- Garlic
- Gliadin
- Goat’s Milk Cheese
- Grape
- Grapefruit
- Green Bean
- Green Pepper
- Halibut
- Hazelnut
- Honey
- Kidney Bean
- Lamb
- Lemon
- Lentil
- Lettuce
- Lima bean
- Lobster
- Milk
- Millet
- Mozzarella Cheese
- Mushroom
- Oat
- Onion
- Orange
- Papaya
- Pea
- Peanut
- Pear
- Pecan
- Pineapple
- Pinto Bean
- Pistachio
- Plum (Prune)
- Pork
- Potato
- Pumpkin
- Radish
- Rice
- Rye
- Salmon
- Sesame
- Shrimp
- Sorghum
- Soybean
- Spinach
- Strawberry
- Sunflower
- Sweet Potato
- Tomato
- Tuna
- Turkey
- Wheat Gluten
- Walnut
- Watermelon
- Wheat
- Whey
- Yogurt

**Organic Acids Test (OAT Test): Cost $455.00**

**Simple urine sample first thing in the morning:**
The Organic Acids Test (OAT) provides an accurate evaluation of intestinal yeast and bacteria. Abnormally high levels of these microorganisms can cause or worsen behavior disorders, hyperactivity, movement disorders, fatigue and immune function. Many people with chronic illnesses and neurological disorders often excrete several abnormal organic acids. The cause of these high levels could include: oral antibiotic use, high sugar diets, immune deficiencies, and genetic factors. Intestinal disorders: SIBO, IBS, IBD, Etc. are noted by these labs as well. The OAT test is also the ONLY accurate test available for determine B vitamin status in the body (B1, B2, B3, B5, B6, B12), Vitamin C, COQ10, etc.
We are asked frequently “Why don’t you accept insurance re-imbursement?”

There are three reasons why we don’t:

1. Insurance companies do NOT typically cover “natural or holistic” services. This includes Medicare, Medicaid, and any regular insurance company.

2. We work for YOU. If we accepted insurance payments, we’d be forced to work for the insurance company first, and you second. In our office, the client comes first!

3. When you allow insurance to pay for your health care it puts your “provider” (doctor) in a precarious situation. They now have to send to the insurance company any and all of your medical records if the insurance company or government agency wants your “private” information and must do so with or without YOUR authorization or knowledge. In most instances your medical doctor won’t ever tell you it’s happened. We would NEVER agree to give out your personal information to any agency!

Therefore... We do not accept insurance for any services. Nor do we provide diagnosis codes for reimbursement. We are NOT a “medical” office and therefore do not provide those types of service.

Remember, the money you spend on a holistic practitioner’s services can be thought of as your real health insurance. Don’t let dependence on an insurance plan keep you from getting the help you need! If your car needed a tune up, who would you ask to pay? Likewise, if you have recurrent or chronic health problems and are not happy with the care you are receiving in the current “medical” system, don’t limit your thinking to what your insurance company will cover.

One option to consider is increasing the deductible on your policy (keeping your coverage in the event of serious illness) and using your premium savings to cover the cost of preventive holistic healthcare. If you participate in a Health Savings Account (HSA), several alternative and complementary treatments are eligible covered expenses. For this list, visit, http://www.irs.gov/publications/p502/index.html.

You should also check out alternative sources of “insurance” such as a Health Share Ministries. Healthcare sharing ministries are faith-based non-profit organizations that pool members’ money to share medical expenses. Do your due diligence and find the plan that might work for you. To summarize the key benefits of these voluntary organizations of like-minded individuals that agrees to share medical bills between members:

- They offer protection from large medical expenses that are generally comparable to conventional health insurance
- The cost of membership is typically much less than conventional health insurance
- Members know that they aren’t supporting what they might consider immoral or reckless lifestyles or paying for objectionable services like abortion

Here are a few for you to GOOGLE:
Samaritan Ministries Christian Healthcare Ministries Liberty HealthShare Altrua Healthshare