

KEYSTONE WELLNESS

Holistic Nutrition Whole Health and Wellness Coaching
Empowering You On Your Journey Towards Greater Health and Wellness

Welcome to Keystone Wellness! I look forward to meeting with you and supporting you in meeting your health and nutrition goals. I would like you to know that this is just the start of your health program, which will be individualized to target your particular health concerns, as well as optimizing your potential for vitality and long-term health.

Bear in mind that gaining and maintaining health is a long-term process. For some it may require only a short period of time, and for others it takes much longer. This will depend upon your health status, your willingness to make changes and your body's ability to heal. I will support you in taking whatever steps you choose to make towards creating a healthy life and lifestyle.

I will run some nutrition assessments when you come in for your first appointment and periodically thereafter. Depending upon what those tests indicate and from your initial interview, I may recommend some further lab testing. If you have had any lab testing within the past 6 months, such as blood tests, please bring copies with you or forward them to me prior to your initial appointment. The more information that I have to assess your wellness potential, the more accurate and targeted I can be in helping you attain your goals.

Please forward your intake forms to my office via email or facsimile prior to your initial appointment. In the interim, should you have any questions, please feel free to contact me.

Warmly,

Natasha Soby