**WELLNESS CENTRE OF MARQUETTE**

310 W. Washington Street, Suite 204

Marquette, MI 49855

Phone: 906-226-9301 Fax: 906-273-1839

www.wellnesscentremarquette.weebly.com

**MERIDIAN STRESS ASSESSMENT**

**WELCOME**

In order to best prepare for your first visit, please observe the following:

1. If you presently do not drink 6-8 glasses of water a day (*excluding other beverages like juice, tea or coffee*), please begin to do this immediately. Drink filtered water that does not contain fluoride or chlorine. You may purchase this from “Econo-Foods” from their reverse osmosis machine or from “Culligan Water” or “Norway Springs.” If you have well water that is not softened and does not contain high amounts of iron or sulfur, this may be suitable. *(If you are drinking well water, please bring a sample of it in a glass jar to your first visit.)* Note: Drink your water ½ hour before or at least two hours after a meal, so you will have optimal digestion.
2. Gradually try to reduce high sugar foods like pop, candy and sweets from your diet. Increase fresh fruits and vegetables, especially green veggies like romaine lettuce, broccoli, spinach, etc. These are very cleansing foods that will help you to achieve your goal of improving your state of health.
3. Find some form of daily exercise that you enjoy, and try to spend at least 20 minutes a day doing it.

**THINGS TO BRING WITH YOU OR DO FOR YOUR FIRST VISIT**

1. Initial Client History Form and Informed Consent Form completed.
2. All of the vitamins or other supplements that you are currently taking.
3. A three-day diet history (*i.e.: What you ate and drank for any three days*). This will give me an idea of the type of foods you enjoy.
4. Sample of well water in glass jar (*if applicable*).
5. Do not wear any lotion or oil on your hands and feet. (*Ladies, please do not wear panty hose*)
6. **We have many clients who have chemical sensitivities. Please do not wear perfumes or colognes for office visits.**

**LOCATION**

Our office is located on the northwest corner of W.Washington and Fourth St. (O’Dovero building) next to the Citgo gas station.

**PARKING**

1. **Please park directly in front** (*right*) of the building to avoid being ticketed. This single row is the only space provided specifically for client parking.

**CANCELLATION OF APPOINTMENT**

1. **Please give at least 48 hour notice if you need to cancel your appointment for any reason other than illness.**

**PAYMENT POLICY**

1. Payment is expected at the time of service unless other arrangements have been made in advance. We accept checks, cash, Visa and MasterCard. **The initial consultation fee for new clients is $75. Follow-up appointments range in price from $35 (30 min.) to $65 (1 hour).**

I look forward to meeting with you for your first appointment. If you have any additional questions, please telephone the office. Thank you.

Valerie Olson

Meridian Stress Assessment-Nutritional Education-Homeopathy