



Whole Health Mapping

Often people ask me -***what kind of appointment is right for me?***



If you are asking:

- *What is going on with my health ?*
- *Why is my immune system not working or I keep getting sick or I am sensitive to lots of things?*
- *Why do I not have energy?*
- *Might I have a problem with gut health?*
- *Or you have another question that is firing a desire to understand how you get back to being healthy and live your life - to be free and well enough to do all the things you want to do -*

Then this appointment is designed for you.

On any journey we need to know **where we are** before we start - like on a map.

We need the mist to clear and work out where we are, where we need to go and how to get there. This session will help you do that.

We use a Functional Medicine Timeline which allows us to see all the different contributors to your unique health and what is getting in the way. It is like crucial prep work before a journey so you can really decide where you spend your precious resources - your money, time and energy. The wellness world is overwhelmingly full right now so you leading this and finding out what you need is crucial.

The session takes approximately 2 hours and is designed to give you clarity and understanding as to what is really going on with your health. And to give you back power to know what you can do.

The session itself is not a treatment session. You can use what you learn to plan where you are going to focus. After the session I create a summary document for you and then we meet for a further 30 minutes one week or so later so create time for questions, reflections and help you work out the right next steps for you.

I offer 1:1 coaching packages as an option and the value of the Whole Health Mapping Session can be credited towards that if it feels like the right path for you (*conditions apply). Or you can take the summary to other providers. There is no push here - because I know every step you take needs to be aligned with you and where you are at.

Your investment is \$780 Australian Dollars. If this feels like what you are needing you can go ahead and book and pre pay for your session now on <https://calendly.com/drtonyacruikshank/whole-health-mapping>



If you want to drop me a voice-mail with a question you can do via dr.tonyacruikshank on instagram or facebook messenger Tonya Cruikshank (or if you don't like these channels which I totally get) you can use signal or whats app +6421433538. It is much easier for me to respond to a message than a call.

*Applies for 6 month Mind Body Health and Coaching packages booked within 3 months of Mapping session.