



## Welcome Letter



Welcome! Most likely, you have reached a point in life where you are ready to take your health to the next level – by doing so naturally and successfully. Our success rate is high, because you are set up for success from the beginning. This is by insuring that you incorporate and understand as best as possible the “basics of health for all people.” These basics are what allow your body to repair and heal.

Remember, your body is designed to be healthy. Knowing that you have this built-in success system, should give you the confidence during your natural health care treatments. Our job as a team is to restore normal function in your body so you can regain your health and wellbeing.

### **Basics of Health**

- Fresh air and sunshine
- Fresh water
- Whole food nutrition
- Exercise
- Emotional release practice
- Rest, relaxation and deep sleep
- Food-based supplements

vs.

### **Causes of Dis-ease**

- Toxins in the air
- Dehydration (not enough water)
- Nutritional deficiencies or excesses
- Emotional Stresses
- Trauma
- Prescription and other drugs
- Lack of sleep and relaxation

During your initial visit this is an evaluation to discover what is needed to bring your body back to a state of health. Rachel Bright’s training is not intended to diagnose, treat or cure any medical condition. She is not a medical doctor. She has a doctorate degree in the study of Traditional Naturopathy as a Board-Certified Naturopathic Practitioner.

To begin, your initial visit will be approximately 1.5 hours. This amount of time allows for us to have a clear understanding about your current state of health.

**The following areas during your first appointment:**

1. Your entire health history interview (even asking questions from infancy)
2. Nutritional Health Examination (This examination tests contact reflex points located across the surface of your body used to assess where nutritional support products are used restore health to specific organs).
3. Lifestyle and bodywork recommendations (if needed at that time)

You will leave your appointment with recommendations based upon the findings from your initial appointment. This could be lifestyle modifications, food-based supplements, homeopathic and herbal remedies, dietary instructions, as well as any referred chiropractic care, if needed and your next scheduled follow up appointment. Your natural remedy recommendations will be in adjunct to what your primary care physician has recommended.

**We will support and guide you.** Once you receive the tools and information you need, it is time to incorporate them into your life. If you have questions regarding your health plan, please contact our office or email: [office@brighthealthandwellness.com](mailto:office@brighthealthandwellness.com). All emails will be answered within 48 business hours and most phone calls will be answered that day or within the next business day.

**Payment:** We accept Health Saving's Account, credit cards, Flex Spending, check and cash.

**Insurance Clause** Rachel Bright's office is not affiliated with any insurance provider. We will provide you with documentation that you can use for reimbursement on your health savings and flex spending accounts.