

Natural Health Consultations with Dr Jacky Hattingh

The consultations/ sessions are a collaborative partnership between me and you, the patient, that focuses on achieving your health and wellness goals. During sessions, we work together to identify the root cause of your diagnosis or health concerns and symptoms. We identify areas for improvement, set realistic goals, and develop personalised action plans. I provide support and motivation and monitor health markers, while helping you take ownership of your health journey. Through regular check-ins and ongoing support, you can reverse disease, improve your health and make sustainable lifestyle changes.

"I believe that you have the power to transform your health and well-being. My role is to empower you with the knowledge and tools you need to make informed choices. We'll work together to set realistic goals, overcome challenges, and celebrate your successes.

Initial Consultation	Testing	Results & Recommendations	Subsequent Sessions & Support
<ul style="list-style-type: none">▪ Pre-consultation questionnaires.▪ Review of your medical/ health history from pre-birth to now.▪ Physical exam & body composition.▪ Quantum Resonance Scan▪ Identify any testing that is required.▪ Initial nutritional and lifestyle recommendations, where applicable.▪ Iridology assessment only on request.	<p>Depending on findings during the consultation any of the following tests may be suggested/ required</p> <ul style="list-style-type: none">▪ Blood lab request.▪ Advanced Functional testing.▪ Live Blood Analysis.▪ Food Intolerance.▪ DNA (Nutrigenomics).	<ul style="list-style-type: none">▪ Review and interpret assessment and the various results from requested tests.▪ A Personalised treatment plan including recommendations for nutritional, and lifestyle changes. Nutraceutical/ natural medicine protocol.	<ul style="list-style-type: none">▪ Subsequent consultations or sessions are scheduled every 3,4 or 6 weeks to monitor progress and adjust the treatment protocol to improve your health.▪ These sessions may include body composition, Quantum Resonance Scan, and requests for retesting or additional tests where applicable.

Your health. naturally

dr jacky hattingh

DR OF NATURAL MEDICINE | BIOKINETICIST | IRIDOLOGIST

Assess

Initial Consultation

Detailed review of your medical and family history, previous treatments, and your current lifestyle.

Physical exam and body composition.

Quantum Resonance Scan.

Identify and order lab tests or advanced functional tests*.

May or may not include Initial recommendations

R 900.00

Personalised Treatment Plan

Duration: Additional practitioner time for interpretation of tests, preparation of personalised treatment protocol based on all findings (120-180min).

+ R1500.00

Payable with the first consultation

= **R2400.00** (R900.00 consult + R1500 for Personalised Treatment Plan)

Add on iridology Assessment R 750.00

Treatment Plan and 2nd Contact Session

Results and Recommendations

Review and interpretation of all questionnaires, lab results, DNA report (if applicable).

Education and written summary of what your results mean.

Personalised treatment protocol based on tests results, current health concerns and symptoms. This is done prior to our session so that we can make the most of our time together.

Recommendations on nutrition, lifestyle, and other natural therapies to address the root cause and to support your healing.

Nutraceutical and natural remedies recommendations based on all findings.*

Duration: 45-60min

R 750.00

Refine

Follow up Support

Subsequent consultation sessions aim to review your progress, identify symptoms or health concerns that have not yet been resolved.

Ongoing education and support around your nutrition, dietary changes, lifestyle strategies and nutritional/ natural remedies.

Identify any additional or follow-up tests that are required.

These sessions can be scheduled 3, 4 and 6 weeks apart depending on severity of symptoms or duration of protocol.

A Progress report with additional or new recommendations, tests or symptom analysis will be emailed after the session.

Duration: 60min + additional practitioner time for preparation/ interpretation (60min)
R1200.00 (R750.00 + R450.00)

* All our clients do receive a preferential rate on all functional lab tests where it is possible (excl. blood lab tests) as well as a 5-10% discount on all nutraceuticals that we stock.

These consultation fees serve as a guide and may vary depending on findings and needs.