



THE ALLERGIC NUTRITIONIST
BREANNE MIFFLIN R.H.N NNCP.

Registered Holistic Nutritionist
Natural Nutrition Clinical Practitioner

Nutritional Counselling Services

Initial Consultation Package Initial appointments include Diet & Lifestyle Assessment, and a Nutri-Systems Profile Analysis to help uncover nutritional deficiencies and imbalances. You will be given a personalized plan with diet and lifestyle recommendations to help you to transition to wellness. Includes 1 Follow-up appointment for a progress review of recommendations as well as various tweaks to tune up your individualized plan. If recommendations have been followed, we can implement the next stage of the plan and so on. All services include unlimited email support.	140.00
Nutritional Counselling – Follow Up Session Includes a progress review of recommendations as well as various tweaks to tune up your individualized plan. If recommendations have been followed, we can implement the next stage of the plan and so on. All services include unlimited email support.	40.00
Follow-Up Session 4 Pack (Save 20\$) A pack of 4 follow-up appointments lasting up to 45 minutes each.	140.00
Follow-Up Session 8 Pack (Save 45\$) A pack of 8 follow-up appointments lasting up to 45 minutes each.	275.00
7-Day Meal Plan* Includes 7 breakfasts, lunches, dinners and a snack list. Fully customized to take into consideration your likes, dislikes, and specific dietary requirements. Includes recipes. Meal plans can be emailed or picked up in person at one of your appointments.	60.00
30-Day Meal Plan* Includes 30 breakfasts, lunches, dinners and a snack list. Fully customized to take into consideration your likes, dislikes, and specific dietary requirements. Includes recipes. Meal plans can be emailed or picked up in person at one of your appointments.	185.00

***Advanced nutritional calculations extra, please contact for quote.**
All prices are in Canadian Dollars and are subject to 13% HST.



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Nutritional Counselling Services Cont.

<p>1-Hour Grocery Store Tour</p> <p>Grocery shopping can be daunting at the best of times. Let a Registered Holistic Nutritionist help navigate you through the aisles and show you how to decipher labels and quickly find healthy, affordable and safe foods for you and your family. Includes important handouts.</p>	<p>45.00</p>
<p>Personal Cooking Lessons</p> <p>Learn how to cook in the comfort of your own home. Offering classes ranging from the basics all the way up to the gourmet level. Cost of groceries not included.</p>	<p>35.00/hr min 2 hours.</p>
<p>Group Cooking Lessons</p> <p>Please contact to book group lessons as discounted rates are available with larger groups. Cost of groceries not included.</p>	<p>Please Contact for Quote</p>
<p>Fridge and Pantry Clean Out</p> <p>The key things to think about for a fridge and pantry clean up are your health goals. Is your blood sugar or cholesterol too high? Do you have food sensitivities or allergies that require abstinence from certain foods? Do you have a few pounds you'd like to lose?</p> <p>Once we've established your health goals, then it's a good time to start looking through your cupboards and refrigerator. There are general categories of foods that you should throw out and there are typical foods that you should make sure you keep well-stocked in your fridge and pantry.</p> <p>I can help you to either create a labelling system so you know which foods are safe for you if share a kitchen with loved ones, or start fresh by removing things that can interfere with your health goals.</p>	<p>Please Contact for Quote</p>

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Laboratory Testing – Intestinal IQ Single

Permeability: Zonulin (Z)	129.00
Inflammation: Diamine Oxidase/Histamine (DH)	280.00
Total IgG General Panel (24 Foods)	129.00
Total IgG General Panel (88 Foods)	285.00

Laboratory Testing – Intestinal IQ Combination Tests

Permeability + Inflammation (Z+DH)	324.00
Permeability + Food Sensitivities (Z+24)	233.00
Permeability + Food Sensitivities (Z+88)	374.00
Permeability + Inflammation + Food Sensitivities (Z+DH+24)	519.00
Permeability + Inflammation + Food Sensitivities (Z+DH+88)	649.00

Laboratory Testing - Hormones

Adrenal Check (Cx4, DS)	208.00
Female Wellness (E2, Pg, T, DS, C)	208.00
Female Wellness Plus (E2, Pg, T, DS, Cx2)	267.00
Female Wellness Daily Cycle (E2, Pg, T, DS, Cx4)	370.00
Male Wellness (E2, T, DS, C)	176.00
Male Wellness Plus (E2, T, DS, Cx2)	234.00
Male Wellness Daily Cycle (E2, T, DS, Cx4)	319.00

Single Hormones

Cortisol (C)	52.00
DHEA-S (DS)	52.00
Testosterone (T)	52.00
Progesterone (Pg)	52.00
17- Estradiol (E2)	52.00

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Wellness Services

Ionic Detoxifying Foot Bath Allows for charged ions to enter the body through the pores of the feet to help stimulate the body's organs to help them to function optimally. This allows them to work more efficiently in removing toxins through normal processes of urination, elimination and sweating. When the body is able to eliminate metabolic waste and toxins, inflammation, edema and swelling all decrease allowing the body to repair and reduce pain within muscles and joints.	35.00
4 Pack - Ionic Detoxifying Foot Bath (Save \$20.00) A 4 pack of ionic detoxifying foot baths are priced at \$30.00/each saving you \$20.00.	120.00
8 Pack - Ionic Detoxifying Foot Bath (Save \$56.00) A 4 pack of ionic detoxifying foot baths are priced at \$28.00/each saving you \$56.00	224.00
Ionic Detoxifying Foot Baths as an add-on to Holistic Nutritional Follow-up Appointments Must be paired with a follow-up appointment single or package.	25.00

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