



# WHAT WE

## TREAT

Check Out Our  
Upcoming Events  
this Year!



### Is This You?

- Gas, Bloating
- Indigestion
- Constipation
- Increasing Food Sensitivities
- Allergies (food & environmental)
- Aches & Pains
- Itching
- Constant Skin Outbreaks
- Always Tired
- Headaches, Migraines
- Difficulty losing weight
- Poor Sleep Quality, Insomnia
- Emotionally fried
- Water Retention
- Not feeling like your usual vibrant self
- Anxious, Depressed
- Difficulty focusing, brain fog
- Difficulty meal planning

### What We Support

- IBS, IBD, GERD, Gastritis
- SIBO
- Food Allergies
- High Cholesterol
- Diabetes, Pre-Diabetes
- High Blood Pressure
- Overweight, Obesity
- Endocrine Issues: Thyroid, Adrenal, Sex Hormone
- PCOS, Menopause Changes
- Kidney Issues (CKD 1,2,3)
- Autoimmunity: Hashimoto's, Rheumatoid Arthritis, Crohn's
- Detoxification
- Sleep Support
- Cancer
- Elimination Diets
- Meal Planning
- And More

Click Here To

**SCHEDULE A SESSION TODAY**

For more information:

202.390.4938 or [www.BearNutritionandHerbs.com](http://www.BearNutritionandHerbs.com)



# ONGOING

## NUTRITION

Check Out Our  
One on One Session  
Packages

### One on One DRIS Session Programs **ABOUT**

*Our D. R. I. S (Detox, Replete, Improve Sleep) Program is a one on one Comprehensive Clinical Nutrition Program with a board certified Registered Dietitian skilled in Functional Nutrition and Herbal Medicine. We assess lab work and symptom presentation to craft a personalized nutrition plan with daily menus, recipes, exercise and support that can all be tracked within our Portal App where you can receive daily reminders and tips to help you stay on track and successfully reach your goals.*

*Same great program offered in 3 different ways to meet your needs emotionally and financially.*

#### **16** Session Program

*This Program is ideal for the person who wants to resolve their health issues and is learning how to get on track. 16 Sessions allows for wrap around support and accountability. Its perfect for the person who does well with or needs weekly or biweekly check ins to ensure success.*

#### **8** Session Program

*This is our Happy Medium. Many patients choose this option to establish a solid foundation with consistent support, follow up and accountability. Its perfect for the person who is ready to commit to improving their health without breaking the bank or intimidating time commitments.*

#### **4** Session Program

*This program is ideal for the person who has already established a good nutrition foundation or the person who is a great self starter and highly motivated to put their recommendations in action. Its perfect for the person who prefers to check in monthly or who wants ongoing accountability to remain on a healthy track.*

Ask about our Payment Plans, Discounts and Scholarships

Schedule a  
**FREE 15 Minute Strategy Call**

Learn which Programs will best meet your needs.





# ONGOING

## NUTRITION

Check Out Our  
One on One Session  
Packages

### One on One DRIS: Session Programs

WHAT'S  
INCLUDED

1

#### Comprehensive Assessment

- **Nutrition Assessment**
- **Metabolic Assessment**
- **Lab Review (Optimal Ranges)**
- **Optional: Brain Health and Neurotransmitter Assessment**
- **Optional: Functional Labs (done at home):**
  - GI MAP for gut health
  - ZRT Weight Loss Panel
  - Organic Acids Tests for Nutrient Deficiencies
  - Food Allergy Test

2

#### Personalized Nutrition and Supplement Plan

- **You personalized plan is updated at each session**
- **Education Content: Nutrition, Herbal, Health & Wellness education materials, Menus, Recipes, Activities, Meditation, Exercise, Tips, Hacks, Affirmations and More**

3

#### 60 Minute One on One Counseling Sessions

- **Education around the "Big Picture" of your condition and the approaches available for improving or resolving it.**
- **Learn tips and hacks that make getting on track and achieving your goals actionable**
- **Motivation and Accountability Support**

4

#### BNH Wellness Portal Access

- **Ongoing text access to your Nutritionist**
- **Track you meals, mood, water and activity**
- **link your Fitbit and other devices you use in your wellness journey**
- **Access to Exercise Programming**

5

#### BNH Wellness Supplement Dispensary

- **Get access to pharmaceutical grade cGMP certified supplements at 25% off all the time.**
- **Get recommendations for supplements.**

6

#### Free Access to Group Programs

- **Get complementary access to our Group Programs**
- **30 Day Detox Group**
- **14 Day Detox Group (Supplements are not included).**



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# FINANCIALS

## NUTRITION

Check Out Our  
One on One Session  
Packages

## Financials with **Payment Plan**

We want everyone to have access to effective affordable health care that is rooted in prevention as well as nutritional and botanical medicines. We do this by offering payment plans billed monthly and scholarships.

### 16 Session Program - \$1600

- 2 payments - \$800
- 3 payments - \$533
- 4 payments - \$400
- 5 payments - \$320
- 6 payments - \$267

### 8 Session Program - \$900

- 2 payments - \$450
- 3 payments - \$300
- 4 payments - \$225
- 5 payments - \$180
- 6 payments - \$150

### 4 Session Program - \$550

- 2 payments - \$275
- 3 payments - \$183
- 4 payments - \$138

Note, the above prices are rounded up and down for promotional purposes. Payments will be in exact numbers.

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