



"The first requisite of restoring health is the removal of the causes of impairment of health. Cause is multiple and never singular."

Herbert Sheldon (Naturopath)

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Introduction

Our successful clients are those that take our resources as part of empowering themselves to take control of their health process. They are prepared to commit to a course of treatment and appreciate that undoing years of slowly progressing dysfunction needs time. They do not expect magic bullets are also prepared to implement supportive lifestyle changes.

- To find probable causes of the presenting issues. We use questionnaires, dialogue, devices (Introspect, Bio-impedance, DDFAO, SCIO-QXCI) to do this in order to find several sources of information that will corroborate each other. Every device works in a different way and gives a different angle on the individual process.
- To restore self healing through gentle, safe, non-intrusive therapies specific to your needs. It is our belief and experience that we have an innate inner wisdom that will correctly direct our in-built powerful repair processes. This process can malfunction through:
 - Overload: we consider lifestyle stressors including trauma, illness, medication etc.
 - Lack of vitality: we improve this thorough the QXCI, Scenar or Q2 Foot Spa as well as life style.



- o Structural: this impacts significantly and can be addressed via naturopathic Body Adjustment and/or Scenar.
- o Lack of appropriate nutrition: we look at diet and may suggest supplements for a period.
- o Loss of template: our processes operate according to plans or software, just like and process or project. This can become faulty, causing us to have glitches or crashes juts like computer software. The SCIO, Karnak and Scenar can help restore this.

Whilst we will deal with specific issue (Candida, infection, pain etc.) our primary intent is to address the weakness that allowed the illness process to get a foothold and strengthen all weak organs and systems.

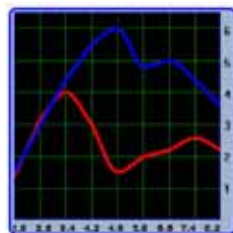
Our Philosophy

We have experience in working with many situations and will be pleased to offer you a consultation.



It is important that you understand and are comfortable with our way of working. We have found that full implementation of concepts results in successful clients.

We are very used to considering symptoms along with a label: candida, IBS, ulcerative colitis etc. These showings are very much more often the result of an imbalanced system than a specific single element. For example in the case of ulcerative colitis which manifests in the bowel the origin is very much more often higher up in the digestive tract and substantially originates from stomach dysfunction. Whilst candida may result from excessive use of antibiotics, HRT, contraceptive pill etc. it can also represent a natural body response as the lesser of evil to aspects such as toxicity.



Candida organisms are present as a natural part of our gut ecology and consequently have a role in our health. It is when their role is not curtailed that issues can occur. Inevitably this has a knock-on effect to create imbalances in other body systems. Food allergies are an example an issue that is most often the result of digestive malfunction and the restoration of

digestive activity is generally a much better and more profound course of action than identifying current specific sensitivities. Similarly inhalant allergies are often more effectively addressed by rebuilding the sensitive tissue areas than desensitisation alone.



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Thus it is important for you to reflect on where your focus is:

1. *Alleviation of symptoms to an acceptable level:* this is legitimate but very much my non-preferred option. The downside of treating the manifestation is that we do not address either underlying causal or the restoration of other less obvious aspects of the body that had been affected.
2. *A more systematic and total health approach:* this is very much my preference as a naturopathic practitioner. It is not as easy and requires more commitment from you as the client than option 1. It has the benefit of enabling you to be educated in how to support your life for optimum health and empowers you to be in control of your health process.

Prices Schedule

Comprehensive Screenings	
Type 1: Focal area assessment and treatment	£85
Type 2: Comprehensive Health Analysis	£105
Follow ups	
Specific Screenings	
SCIO Allergy	£40
SCIO Nutrition	£40
SCIO Allergy-nutrition-organ-vitality MOT	£65
Pain and Structural (Scenar-InterX5000)	
First consultation for chronic issue	£65
Follow up sessions	£45
Acute pain session	£45
Discount for blocks of 5	10%
Size reduction course 10	£390
Smoking and Restoration Program	
Single 2 hour assessment and craving inversion	£85
Follow up sessions	£45
Full Inversion and restoration program	£290/£320
Weight/size Management Program	
Single 2 hour assessment and plan	£85
Follow up sessions	£45
Full program	£290/£320
With InterX5000 size reduction treatment course	+£230
Cosmetology Program (10 sessions)	£390
Customised Reports (additional to standard form)	
Condition specific assessment	£20
Allergy screen	£15
Nutrition screen	£15
Combined allergy and nutrition screen	£20
Full Wellness profile	£35

Concessions and Discounts

Children: -20%
 Over 65's: -20%
 Unemployed: -20%
 Low Income: by discussion.



Assessment Type 1: Focal area assessment and treatment

This is targeted at the issue causing discomfort rather than a whole system assessment.

Primary to this assessment is a comprehensive questionnaire. This questionnaire is aimed at identifying the origin and severity of your focal issue and other body organs and systems potentially dysfunctional. Information will be provided from the questionnaire as to which appear to be primary issues and which other areas would benefit from further assessment and investigation: these other areas are for information and are not considered for deeper investigation or treatment. It is then your option as to the course forward.

In the instance of candida for example there is a defined effective process for effecting resolution of this. This does involve dietary aspects and supplements/remedies.

The initial assessment may incorporate a further examination of only the particular organs or systems affected by the condition.

Stage 1: complete and return questionnaire

Stage 2: focal areas are identified.

Stage 3: introspect assessment of specific aspects may be undertaken.

Stage 4: approaches to resolve focal issue are presented, including:

- a) Lifestyle: stress, exercise, recreation
- b) Diet: to support stressed organs and systems
- c) Supplements: targeted at specific issue.
- d) Supportive therapies: these are identified and presented.

The report is a standard form accompanied by handouts. You should bring a pad and/or a cassette recorder if you wish.

Cost: £85, duration 1.5 hour consultation.



Assessment Type 2: Comprehensive Health Analysis

The questionnaire basis is identical to option 1 above. However from the questionnaire we will examine using the Introspect device the functional status and pathology indications of the full spectrum of dysfunctional or potentially dysfunctional areas indicated from the questionnaire. The Introspect device has a high clinical corroboration of 80% and represents cutting edge non-invasive technology.

As part of this assessment vitality and fluid balance measurements will be undertaken using a bio-impedance analysis device. This is non-intrusive and is a 5 minute process. The vitality indication is very useful in identifying both the level of intervention and the likely pace in order to ensure that a process is not undertaken that the organism cannot support and to avoid unnecessary healing crises.

Stage 1: complete and return questionnaire

Stage 2: focal areas are identified.

Stage 3: Bio-impedance analysis for lean/fat mass, hydration, cellular vitality

Stage 3: Introspect assessment:

- a) whole body system,
- b) digestion, hormonal organs, circulation, respiratory, nerval, skeletal.

Stage 4: approaches to resolve focal issue are presented, including:

- a) Lifestyle: stress, exercise, recreation
- b) Diet: to support stressed organs and systems
- c) Supplements: targeted at specific issue.
- d) Supportive therapies: these are identified and presented.

The report is a standard form accompanied by handouts. You should bring a pad and/or a cassette recorder if you wish.

Cost: £105, duration 2 hours.

Option: the SCIO nutritional and allergy screens are available at an extra cost of £50, requiring an extra hour session time.



SCIO Specific Assessments and Treatments



We are able to offer discrete assessments and therapies should this be more appropriate in your judgment. However please appreciate that these offerings are specifically restricted to scope and will not be extended to more general health screening.

SCIO Allergy assessment:

Inhalants, skin, foods. Graded report provided. In conjunction with an allergy focused questionnaire. **30 minutes, £40**

SCIO Nutrition screen:

this covers the current status of vitamins and minerals and a graded report is provided. **30 minutes, £40.**



SCIO Wellness MOT:

this is a combined vitality (Bio-impedance analysis for lean/fat mass, hydration, cellular vitality), allergy, nutrition and organ status screening: a graded report sheet is provided. **60 minutes, £65**

Reports

Included with every consultation is a standard score sheet in which the relevant information is graded on a high, medium or low significance basis.

Formalised reports are time intensive in preparation and since these must be prepared by the practitioner reduce the number of clients that can be seen. However we recognise that you may wish to have a more specific report and are able to offer these as follows.

- Condition specific assessment: £20.
- Allergy screen: £15.
- Nutrition screen: £15.
- Combined allergy and nutrition screen: £20.
- Full Wellness profile: £35.

Information Provided From Consultation

The assessment is a necessary step in identifying the most probably causal factors, organs affected and the depth of the issue. However an assessment does not provide a health solution. We thus as part of every consultation will provide supportive information which will generally include:



- Dietary and remedy suggestions for specific conditions.
- General nutritional information.
- For allergy screens: in severe cases an elimination diet. In non-severe cases standard dietary recommendations and supplements that may help calm the allergic response.
- In the case of nutrition screens information concerning the activity of vitamins and minerals, the principal relevant foods and dietary recommendations.
- In the case of full Wellness screenings dietary recommendations that will support the restoration of stressed organs and systems and recommendations in accordance with your glandular type.

Follow Up and Therapeutic Consultations

Follow up consultations are generally 50 minutes and charged at £45.

Pain-Scenar/InterX 5000 Treatment

- A first consultation which will include a basic questionnaire and assessment and be **1.5 hours is £65.**
- Treatments for specific issues such as pain are allocated 50 minutes and charged at **£45.**
- Follow up Scenar treatment sessions are approximately 50 minutes and charged at **£45.**

For more severe and deeper issues it is likely that a series of Scenar sessions will be required varying between 6 and 15 dependent upon the significance of the issue. A **discount of 10%** is offered for Scenar sessions prepaid in groups of 5.

Non Smoker Conversion

Addictions are multifaceted and BEP has expertise to identify and address all aspects.

BEP offer either an initial 2 hour consultation or an integrated 6 session approach.

Basic Consultation:

- A lead-in evaluation to focus you and identify supports.
- SCIO craving de-sensitisation: this reduces physical cravings and assists in the psychological aspects.
- Lifestyle and dietary analysis to optimise blood sugar control and thus reduce cravings. (Standard handout)

Recommended supports list

- Remedies to reduce cravings: this includes homeopathics, nicotine receptor blocking agents, nutritional supplements. *(Remedy/supports costs are not included. Anti craving supports will cost £40-50. Nutrition and restorative organ supports may cost £30-60 per month for 2-4 months)*
- CD to support psychological aspects of releasing the addiction. (£20)

Cost: £85, Follow up sessions £45.



Non Smoker Program

The programme structure is 6 sessions plus a support kit containing the elements above. The sequence of sessions is agreed at the first consultation, which also sets the time for stopping smoking. If the sessions are not required for smoking they can be used for other regenerative treatments for affected organs.

- 6 sessions on an agreed schedule.
- A lead-in evaluation to focus you and identify supports.
- Introspect analysis of organs affected by smoking.
- SCIO craving de-sensitisation: this reduces physical cravings and assists in the psychological aspects.
- Remedies to reduce cravings: this includes homeopathics, nicotine receptor blocking agents, nutritional supplements. *(Remedy/supports costs are not included. Anti craving supports will cost £40-50. Nutrition and restorative organ supports may cost £30-60 per month for 2-4 months)*
- CD to support psychological aspects of releasing the addiction. (Included)
- Lifestyle and dietary analysis to optimise blood sugar control and thus reduce cravings. (Tailored according to blood sugar balance and glandular type)

Cost: 6 session program- £320 or £290 when paid in advance.
(20 cigarettes per day is £155 per month, plus the ultimate cost in loss of health!)

Weight and Size Management

In our experience weight management is a combination of a number of aspects:

1. Diet appropriate to glandular type.
2. Under/over functioning of primary endocrine organs such as pituitary, thyroid, adrenals and liver.
3. Stress and other lifestyle aspects.
4. Cell metabolism.

Our approach to weight management is thus as follows:

BEP offer either an initial 2 hour consultation or an integrated 6 session approach.

Basic Consultation:

- Full questionnaire that includes lifestyle and dietary analysis to optimise blood sugar control.
- Emotional/psychological support questionnaire.
- According to stress weaknesses and glandular type dietary and lifestyle recommendations will be made.
- Cellular vitality assessment
- Standard schedule of supportive remedies/nutritional supplements and support CD will be identified specific to you.



Weight Management Programme

The programme structure is 6 sessions. The sequence of sessions is agreed at the first consultation, which also sets the time for implementation. The sessions can be used for review and supportive treatments or as lead in to Scenar size reduction.

- Full questionnaire that includes lifestyle and dietary analysis to optimise blood sugar control.
- Emotional/psychological support questionnaire.
- According to stress weaknesses and glandular type dietary and lifestyle recommendations will be made.
- Cellular vitality assessment
- Introspect primary organ assessment/digestive and endocrine system.
- SCIO treatment support
- Supportive remedies/nutritional supplements will be identified specific to you.
(Item cost not included)
- CD to support psychological aspects of weight management included

Cost: 6 session program- £320 or £290 when paid in advance.

Scenar Support for Size reduction and weight management.

The use of the Scenar/Interx 5000 device has proven effectiveness when used in conjunction with the appropriate diet in balancing metabolic activity, facilitating fat movement through the cell walls and effecting size reduction by an improvement in muscle tone. This is most effectively undertaken when the appropriate dietary and lifestyle aspects have been put in place and requires a course of 10 consecutive treatments of approximately 50 minutes each. Two of these sessions will be general balancing sessions. The cost of a course of 10 Scenar treatments taken separately is £405 (excludes dietary assessment etc.) If integrated with the weight management assessment the follow ups will include both progress reviews and scenar the additional cost is £230.

InterX5000 Cosmetology

Cosmetology (lines, wrinkles etc.) requires a series of 10 sessions and is addressed in conjunction with an assessment of any underlying issues. The first session is 2 hours and subsequent sessions 40 minutes. Two of the sessions will be a general balancing treatment. Course cost is £390.

Vitality and Detoxification

If a friend/relative needs to bring you then provided we are notified in advance and it is acceptable for you to be present in the consultation room they are welcome to have a vitality/detox footbath whilst waiting free of charge.



Alternatively Q2 footbaths are available in isolation at £25 for a 35 minute session. Please note that no other health assessment apart from a basic safety questionnaire is included.

Visit <http://www.q2.com.au/> for further information.

Home Treatment Devices

BEP recognises that there are times when either practicalities or cost prevent a client from being able to have as many practitioner based sessions as is beneficial to forward health movement. We are able to offer in specific circumstances home Scenar devices and Karnak regenerator to assist in health restoration. These items are available against a specific hire schedule and security payment.

It is a requirement that the appropriate health assessment is undertaken prior to hire. It is also a requirement that check consultations are undertaken at 2, 3 or 4 weekly intervals dependent upon the particular issue to both monitor progress and to make any adjustments in the treatment regimes. The hire approach is particularly valuable for pain conditions (rheumatoid arthritis etc.) and for the more degenerative neurological, spinal and digestive issues that require regular but relatively simple therapies to ensure good forward progress.

For further information in relation to the Karnak and Interx5000/Scenar systems please visit www.biospectrum.co.uk.

Hire agreement, hire rates and purchase rates

BEP has found that some clients benefit from more regular treatment than is either practicable or affordable on a frequency more than weekly. This applies particularly to

- Acute conditions and pain where Scenar treatment should be used whenever the pain re-occurs.
- Chronic neurological, stroke and peripheral neuropathy etc. dysfunctions where daily or twice daily treatment is beneficial.

This approach is designed to complement and not to replace practitioner consultations which should be maintained to ensure monitoring and specialist therapy that home use can not provide.

It is implicit in the loan arrangement that

1. The unit is carefully looked after: a deposit is required and payment will be taken if damage occurs.
2. The unit is used only for the intended purpose, is not loaned etc. to any person beyond the purpose.
3. The instructions are read and understood.
4. A returnable deposit in the form of a credit card deposit is made.

Rates

There are two rates: the lower rate is for low income, disability situations, unemployed etc. The higher rate applies if you are in normal employment.



- All charges are per week or part.
- The hire is only available after a Type 1 or Type 2 consultation, unless there are very specific circumstances.

	Karnak Regenerator	Home Scenar	TMB	
Per week or part	£15/£25	£10/£20	£7/£14	
10 weeks	£120/200	£80/£160	£56/£112	Paid in advance
20 weeks	£200/£335	£140/£280	£98/£196	Paid in advance
Deposit	£500	£250	£180	
Purchase	£590	£490	£350	
Break point	40/24 weeks	49/24 weeks		

If the decision to purchase is made within the first 4 weeks of hire then the 4 weeks of hire charge will be credited to the purchase price. Decisions to hire for an extended period can be made within the first 2 weeks with initial charges being credited to the total period hire charge.

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