



ONLINE CONSULTATIONS:

I look forward to joining you on your personal journey to an optimally healthy life!

Naturopathic treatment takes you on a journey to health and well-being by treating your health concerns through a holistic assessment of you, as an individual. This will include dietary modifications, lifestyle techniques (such as sleep hygiene, stress management etc), supplement therapy, body work.

My aim is to equip you with the tools to allow your body to heal itself. It will take time for your body to do so, which is why I often need to have weekly consults to ensure that your individualized program has been tailored perfectly for you, as well as to guide you through any obstacles that we may encounter along the way.

WHAT HAPPENS IN AN ONLINE CONSULT?

- Extensive questioning surrounding the main reason you have come to see Dr Sachs
- Questioning continues into personal and family medical history
- Nutritional assessment
- Supplement assessment
- If need be, physical exams will be done by the patient with instruction by Dr Sachs
- Other diagnostic testing (such as blood work) or physical therapies (such as massage, pressure point therapy, hydrotherapy etc) will also be done by the patient with instruction by Dr Sachs
- After the initial consult, you will receive a personalized treatment plan.

PRICING

Initial consult: R500 / \$30 - 60mins

Follow-up consult: R350 / \$25 - 45-60mins

Treatment package: R1950 / \$120

This includes the initial consult plus 5 consecutive weekly follow ups which should be booked as soon as possible after the initial consult. My experience shows that this is the best way to see through the journey of the treatment plan.

For the duration of your treatment package, I am available for any questions or queries that may come up.

You will need a tablet or computer (phones can work but are not ideal) and a stable internet connection and I would advise using headphones for privacy and ease.

My preference is to use Zoom but any other video conferencing software can work.

Please settle your account by online card payment/EFT/paypal at the end of the session.