



# Partnering with

*Dr. Namie*

## **Transform Your Health, One Visit at a Time**

*Everything you need to know  
about working together*

**Naturopathic Medicine | Chinese Medicine | Functional Medicine**

# Welcome, Friend!

I'm so glad you're here and curious about partnering with me to transform your health!

If you're reading this, it's because you're ready for something different – a way to understand *why* you don't feel your best and *how* to finally heal.

Maybe you've heard “everything looks normal” from your doctor... even though you *know* something's off.

Maybe you feel unheard, rushed, or unsure where to start with all the information online.

You're not alone – and I'm here to offer you a completely different experience! One that *empowers* you with clarity, strategy, and results.

I've been in your shoes. I struggled with chronic symptoms for decades before finding naturopathic medicine, and later Chinese and functional medicines. These three healing systems changed my life – and now they allow me to help hundreds of women resolve their chronic health issues and reclaim their energy, confidence, and vitality.

I'm so excited for you to discover what's possible when we work together!

With love and light,



## At a Glance – What You'll Get When You Partner with Me

- ✓ Personalized 1:1 guidance to uncover and address *your* root causes
- ✓ Deep, compassionate listening and support between visits
- ✓ Clear, actionable steps to address your underlying imbalances
- ✓ A roadmap to lasting health using food, lifestyle, and natural therapies
- ✓ The confidence and know-how to take charge of your health – for life

**Apply Now to Partner with Dr. Mamie**

# The Healing Journey

## Truth #1 – Symptoms Are Messengers

Your symptoms aren't happening to you – they're happening *for* you. They're signals that something needs attention. When you learn to listen and respond, you reclaim your power to heal.

## Truth #2 – Daily Habits Matter Most

Health doesn't come from a bottle. True healing happens when nutrition, lifestyle, and mindset align. I'll teach you how to use everyday choices as medicine.

## Truth #3 – Healing Is Layered

Your body is an interconnected whole! Most chronic symptoms arise from *multiple* imbalances – physical, emotional, and energetic – combining to create the “perfect storm.” That's why we take a truly *holistic* approach.

## Truth #4 – The Healing Process Isn't Linear

Real healing takes time, patience, and consistency. There may be plateaus or temporary discomfort as your body rebalances, but I'll guide you every step of the way.

## Truth #5 – Health Is a Lifelong Practice

There's no “finish line” – just a new way of living that allows you to feel vibrant and whole. When you create health, illness has no room to stay.

*View your health as an investment, not an expense.*

~John Quelch



# The 7 Root Causes of Chronic Illness™

To resolve chronic symptoms, we must go *deeper* than diagnoses. In my 18 years of experience, *every* chronic health concern traces back to one or more of these seven areas:

## Nutrition

- Deficiencies, sensitivities, inflammatory ingredients

## Lifestyle

- Sleep, movement, environment, and daily habits + rhythms

## Toxins

- Past and ongoing environmental and chemical exposures

## Microbes

- Bacterial imbalances, yeast, parasites, and stealth infections

## Stress + Emotions

- Chronic stress and emotional imbalances or suppression

## Trauma

- Unresolved experiences that impact body and mind

## Disconnection

- Separation from Spirit, self, nature, community, and purpose

Hormone imbalances, fatigue, weight gain, skin issues, chronic pain, and gut problems are *symptoms* – not true root causes. When we address the seven root causes, healing follows naturally and chronic symptoms resolve.

[\*\*Click Here to Learn More About the 7 Root Causes\*\*](#)

## My Root-Cause Approach IS for You If:

- ✓ You're ready to understand your symptoms, not just manage them
- ✓ You want to use food, lifestyle, and natural therapies to heal
- ✓ You're committed to long-term results, not quick fixes
- ✓ You want personalized care and expert guidance
- ✓ You value a whole-body approach
- ✓ You're willing to be patient with your healing process and do the work

# What to Expect When We Work Together

Every partnership begins with a comprehensive assessment and unfolds through a personalized, step-by-step plan tailored to your needs.

## You'll Receive:

- **Support for all 7 root causes** – body, mind, and spirit
- **Comprehensive health intake + 60-minute initial visit**
- **Functional bloodwork analysis** (with review of prior labs)
- **60-minute follow-up visits** to deepen progress and refine your plan
- **Direct access to me between visits** for questions and support
- **Customized nutrition, lifestyle, and supplement guidance**
- **Educational handouts + resources** to empower you on your healing journey
- **15-20% discounts on professional-grade supplements**

## Investment:

- **Visits are 60 minutes each – \$375 per visit**
- **Minimum initial commitment:** 3 visits (within 4-6 months for best results)
- **Follow-ups:** initially every 2-3 months depending on your progress and goals
- **Comprehensive bloodwork panel:** \$372.50 (customized based on your needs)

Flexible payment: a 50% deposit secures your appointment; the remaining balance is due at your visit.

## *Why This Investment Is Worth It*

Your health impacts *everything* – your energy, relationships, work, and joy. This is not a “cost,” it’s an *investment in your future self*.

You’re not just paying for visits; you’re gaining a clear, personalized roadmap, expert guidance and education, and tools that last a lifetime!

*My life was forever changed the day I met Dr. Mamie. It's been five months, and I am off my prescription drugs for acid reflux and eczema, and I've never had more energy! Thank you, Dr. Mamie, from the bottom of my heart! C.P.*



## more blush-worthy praise

Dr. Mamie has been such a gift in my life for the past year. When I started working with her, I was already on a healing journey for some time and feeling desperate and discouraged. So many things were out of balance with my health (skin, digestion, my cycle and overall reproductive health, energy, mental health, sleep...). From the initial intake (which was the most detailed and thorough intake I've ever completed), I felt relief that I could trust the healing process with her as my guide. With every appointment and with each new treatment plan, it was always so clear to me how dedicated she was in helping me heal, and when my symptoms all began to turn around and some symptoms completely healed(!), she celebrated with me at my success. It feels so amazingly peaceful to finally be on an upward trajectory with my health. It's hard to put into words how grateful I am for the time, attention to detail, compassion, and wisdom she has given me. I could not recommend her more highly!

I had no idea how Dr. Mamie would change my life for the better! My gut issues have been resolved, and I feel better and have more energy than I've had in years!

I have gained a wealth of knowledge I would have never considered if I had not worked with Dr. Mamie, especially regarding stress, gut health and hormone balance. I learned so much regarding how nutrition and stress can impact the gut microbiome, which has resulted in much improvement in my digestion. I also finally felt heard regarding my struggles of period pain and acne after coming off of the birth control pill for over a decade. Through these informative discussions with Dr. Mamie, I was finally able to discover I had endometriosis, which Dr. Mamie helped me thoughtfully seek out appropriate integrative care to help treat this surgically. I also no longer have acne, which I had previously thought might never be a possibility for me. I would highly recommend her to anyone seeking help with their chronic health issues.

I believe God has been graciously giving me pieces to my health (and life) puzzles, and you have been a huge gift in reclaiming good health! From the tests that I never would have figured out on my own, to seeing different ways of nourishing my body, to learning to value the importance of sleep and hydration, to giving my body the supplements that my years of inattention and poor food choices depleted... I can't say enough about how much I appreciate you and the tools you give me! Thank you for being so accessible and for caring about the well-being of your patients and the root causes of their symptoms!

# Frequently Asked Questions

- **Where are you located?** Anywhere you are! Visits are virtual and convenient.
- **Do you accept insurance or HSA/FSA?** Insurance doesn't currently support the depth of root-cause care that I provide, so I don't bill insurance. Some clients can use HSA or FSA funds for visits, labs, or supplements – please check your policy for details. I'm not able to provide a Letter of Medical Necessity or Superbill.
- **Do you offer other testing?** Yes! Depending on your needs, we may use gut, stool, toxin, hormone, immune reactivity, food, or mold testing.
- **Can I work with you if I'm pregnant or breastfeeding?** I accept clients preparing for pregnancy or postpartum (after breastfeeding), but not those currently pregnant or nursing.
- **Do you offer a payment plan?** Yes – you can pay 50% when scheduling, and the rest at your visit. No added fees.
- **What about supplements?** Expect to invest \$175-275 per month initially. This varies based on your individual plan, and it's ultimately up to you.
- **Is there a guarantee?** Every healing journey is unique, and no one can guarantee results – but when you apply the tools and support consistently, your body will respond and your health will improve.

## Ready to Begin?

**Click Here to Submit Your Application**

## Have Questions?

**Click Here to Send Us An Email**

**Not quite ready for one-on-one care?** Grab my eBook, **Top 5 Strategies to Optimize Health**, and start using food and lifestyle to transform your wellbeing: [bit.ly/drnamietop5](https://bit.ly/drnamietop5).

You can also explore free health resources on my blog: [drnamie.com/blog](https://drnamie.com/blog) and download my free guide **4 Steps to Skyrocket Your Energy**: [health.drnamie.com](https://health.drnamie.com)