**List of Services -**

**Health Assessment Consultations with Detailed Biofeedback Body Scan -** $145 – approx. 90 mins

**Health Assessment Consult** - $95 – approximately 60 minutes

**Quick Consult – for specific question** - $25 -approx. 20-30 min.

**Health Coaching – Individualized Coaching Plans -** $25 per call

**Quick Zyto Balancer Scans** - $25

**InFormed Health Program** - $195

Microbiome repair & weight loss

12 week/90 day program + supps

**Emotional Wellness Coaching - Evox Biofeedback Sessions –**

**Emotional Balancing - Stress Relief Sessions -**

**Splankna Sessions, Energy**

**Emotional Release Sessions** Regular $95, or a 5 pack $85 each

EWC - Evox Ideas & Package Sessions:

Sessions can focus on **any** topic: For example -

Anxiety, Depression, Divorce, Sources of Stress, Traumas, Certain People or Events, Money, Financial, Sales, Job, Childhood traumas, Health, Illnesses, Injuries, Weight Loss, Relationships, Death of Loved One, Addictions, Self-Doubt, Self-Worth, Self-esteem, Fears, Insecurities, Self-critical, Anger, Unworthy, Conflicting beliefs, Blind spots, Limiting beliefs, Learned Patterns or Habits, Head Trash, Goal Setting, Clearing Resistance, Personal Growth.

The above appointments can be done in person or can be done **anywhere by phone.** Appts for the services listed below would be done locally in person in DeWitt.

**Ionic Foot Bath - $20**

**Vibroacoustic Bio-Frequency Relaxation Therapy Bed - $20**

**Raindrop Essential Oil Technique-$75**

**Frequency Session (GB4000 Rife)-**

$25

**TKM– Healing Touch Therapy -** $40

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**Wellness Packages –**

**Various Wellness Packages also available with various services at the Wellness Center.** Ask for our brochure.

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**Classes** -

We teach a variety of classes at the Wellness Center. Some classes taught by our practitioner’s, and we also bring in a variety of speakers to teach and educate on health and wellness topics.

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**Referral Plan!**

**Friends refer Friends!**

$20 towards a service when your friends have an appointment.

**Many Products Available**

Variety of Supplements Available at the Wellness Center and online

Vitamins, Minerals, Herbal Supplements, Homeopathics, Nutritional Supplements, Essential Oils, & more!

**Nature Sunshine Products!**

Vitamins, Minerals, Herbal Supplements, Essential Oils, Proteins, Detox Products, Nutritional Supplements.

For a great quality supplements!

[www.MyVitalForceCenter.myNSP.com](http://www.MyVitalForceCenter.myNSP.com)

Nature Sunshine was the first company to encapsulate herbs almost 50 years ago. They have over 500+ QUALITY supplements available and offer member pricing (both locally and online orders).

**IntraMax**- $82

Our favorite **All-in-one** liquid dietary supplement- has

415+ Ingredients in One Ounce

Full spectrum; plant-derived

100% Carbon-bond Organic

**CBD Hemp Extract Oils & Creams** – we carry high quality full spectrum hemp CBD.

**Homeopathics-**

Homeopathy is the medicine that doctors use to use before pharmaceuticals.

2 of my favorite homeopathic companies

Des Bio & Professional Formulas.

Various Weight Loss Products

Various Detox & Cleansing Products

Supplements available for specific symptoms and for all the body systems.

With Zyto Health Scans and Evox Emotional Wellness sessions we use a software technology called Bio-communication (Biofeedback) that enables a computer to understand and communicate with your body. It measures your body’s galvanic skin response. It acts like a questionnaire for your body, looking for the stressors, and the best part is looking for the biological preference for **balancing *your*** body.

Evox Emotional Wellness sessions are voice recognition biofeedback sessions. It opens perceptions and clears the negative emotional triggers and congestion. Your voice carries energy / frequencies / tones that the program analyzes, and then sends the bio-feedback and plays certain tones according to your body’s preferences. Many people have said it has changed their life! Clearing emotional congestion creates emotional balancing & wellness can change many areas of your life and health. It also is an amazing way to deal with the day to day stresses of life.

I love to look at all the pieces of the health puzzle. Let’s look at the puzzles pieces together, to help you feel better! Including looking at the emotions behind the symptoms! Looking for root causes and find ways **Regain and Retain Wellness!**

*Schedule today - start feeling better!*

**www.MyVitalForce.com**

**My Vital Force**

**Wellness Center**

Dr. Kari Rene

Naturopathic Holistic Health Practitioner CTN, CAHP, CNHP, EBC

***Take a Health Building Approach***

***Where Subtle Shifts = Big Results***

**www.MyVitalForce.com**

Integrative Holistic Natural Health Wellness Consulting & Coaching

Plus, Essential Holistic Products = like vitamins, supplements, herbs, homeopathics, & Essential oils

816 6th Avenue

DeWitt, IA 52742

563-659-6111

**MyVitalForceCenter@gmail.com**

Scheduling now for:

**Health Coaching &**

**Wellness Consultations**

**Biofeedback Sessions**

**Emotional Wellness Appts**