



Where You Become Whole Again

We believe in challenging the status quo when it comes to your health!



A CANDID PHONE-CHAT WITH YOUR TRUSTED EXPERT.

CONNECT WITH DR. HEIDI, ND ABOUT THE VIRUS, THE PANDEMIC OF FEAR & HOW TO KEEP YOUR BODY & MIND HEALTHY DURING THIS UNPRECEDENTED TIME.

***30-MINUTES OF POWERFUL MESSAGES FROM YOUR PREFERRED NATUROPATHIC DOCTOR OF MEDICINE OF 15 YEARS.**

GET HER TAKE ON:

THE VIRUS AND HOW IT COMPARES TO OTHER ILLNESSES LIKE INFLUENZA.

WHAT YOU CAN DO TO IMPROVE YOUR IMMUNE SYSTEM FOR POSSIBLE PREVENTION & PROTECTION.

**HOW TO COPE WITH FEAR AND UNCERTAINTY, WHILE CULTIVATING LOVE,
PRESENCE AND CONNECTION DURING THIS EVOLVING PANDEMIC.**

**A SEVEN STEP TREATMENT PLAN PERSONALIZED FOR YOU, FOR
STRONGER IMMUNITY AND REDUCED STRESS.**

HERE IS WHAT CLIENTS HAVE TO SAY ABOUT THESE PHONE-CONSULTS:

"Before my phone consult, I was very anxious and uncertain due to the information overload from our media sources, chosen and not chosen. It was important to me, to talk to someone who was a professional as well as personal.

I felt like a person and not a case study.

Dr. Heidi's information was very informative as to the virus itself, and how it pertains to my personal health. I received lots of tips and personal information to carry on and stay in good health through these crazy times!!

I should have contacted her earlier. I feel so much more calm, informed and prepared after our conversation.

I truly feel so much better than before and I took my blood pressure last night and it's closer to normal than it's ever been.

Thank you for being you!!!!"

Female, 62 yr.

"If you're like me (feeling like you're not sure where you stand after all of this hit us so suddenly) you definitely could benefit from hearing a few wise words from a thoroughly trained Naturopathic Doctor such as Heidi McGill. She will walk you through all you need to know about how to protect yourself along-side the general protocol that we've learned to give you, your friends, and family, the best defense against Covid-19. I know more about my immune system than I ever have which is what we need to focus on more than the TV :) Thank you again Heidi!"

Female, 30 yr

"Just like others, I was very stressed about the world around us and did not know how to protect myself or my mental state. Upon seeing Heidi, she immediately offered her knowledge and guidance for a trying time like this. I left our meeting feeling much more at ease and knowledgeable about the virus. I am also now equipped to be able to keep my immune system and mental health up during these times. Thank you, Heidi!"

Female, 27 yr

"Dr Heidi's COVID-19 consultation was very reassuring. I gained some extra knowledge and guidance with respect to how important a role our 'Gut' and Immune health are at times of stress (and always). One other very key take away (and reminder) for me was to immerse myself with positive, reinforcements in the first hour of waking. Make it device-free, meditative, exercise, positive readings, yoga, etc. Thank you for your wisdom and support."

Female, 55 yr

"I will say I feel much more relaxed and confident that I am on the right track for taking care of my health since we spoke. I also appreciated the direction on natural alternatives to natural soaps, cleaning solution and hand sanitizers. This has taken a load off my mind and greatly impacts my positive outlook at this time."

Female, 55 yr

CONTACT US TO BOOK YOUR 30-MINUTE PHONE - CONSULT WITH DR. HEIDI, ND.

NATUROPATHIC CONSULTS ARE COVERED BY MOST EXTENDED HEALTH CARE PLANS.

***REGULAR FEES APPLY.\$135.00**

Healing Foundations is always open to freeing the issues and situations in peoples lives.

Medically trained and Naturally focused.

Sincerely Yours in #BIGHEALTH,

**Heidi McGill, ND
Clinic Owner**

Nutrition and Lifestyle Counseling – Herbal and Homeopathic Medicine – Traditional Chinese Medicine and Acupuncture- Osteopathic Manual Therapy - Myofascial Release - Reiki - Mindfulness - Meditation.

Have a



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Sally Kolbas (Naturopathic Administrative Assistant)

RELIABLE HEALTH CARE FOR THE ONES YOU LOVE.

Safe, effective, natural treatment for health problems affecting you and your family.