

Appointments & Consultations

Consultation - ALCAT and Constitutional Food Intolerance

Changing your diet can be one of the most rewarding efforts you make to improve your health; it can also be one of the most challenging.

Do you need help understanding your food testing results? Are you interested in one-on-one support in making dietary changes?

Dr. Judith Boice offers hour-long phone consultations to help clarify your food testing results and guide you in making dietary changes for your particular needs.

When you sign up for a consultation, you will also receive two complimentary reports, "What Can I Eat?: How to grocery shop with food intolerances" and "Eating Out with Food Intolerances."

If you are ordering an ALCAT test, please check with Dr. Boice before scheduling an appointment. Some ALCAT tests come with dietary counseling sessions through ALCAT.

Cost: \$100 for an hour-long consultation

GENERAL consultation description:

Are you interested in achieving optimal health? Dr. Judith Boice, expert in natural medicine, offers one-hour consultations to assist you in developing a health care program tailored for your needs. Dr. Boice offers:

- Health counseling, to define your vision of health
- Dietary counseling (based on food intolerance test results)
- Constitutional homeopathy
- Western botanical medicines
- Chinese botanical medicines
- Hydrotherapy
- Stress reduction
- Lifestyle choices to support optimal health
- Nutritional supplements

Dr. Boice focuses primarily on lifestyle choices. She may, however, recommend some botanical, homeopathic, and/or nutritional supplements.

When you sign up for your **first** consultation, you will receive a free copy of one of Dr. Boice's books, *"But My Doctor Never Told Me That!": Secrets for creating lifelong health.*

Cost: \$100 for an hour-long consultation

Please answer the following questions and send them by [email](mailto:drjudith@drjudithboice.com) to Dr. Boice at drjudith@drjudithboice.com or call 970-252-0985.

Name:

Address:

Phone Number(s):

Email:

What are your major concerns at this time?

How have you addressed this issue up to this time?

What is your personal vision of health?

What does a collaborative relationship with a health care provider look like to you?

ALCAT testimonial:

I purchased one of your tests about a year and half ago and just wanted to say THANK YOU! For years I was in pain with no help from doctors. I was poked and prodded in very way with no results. Then finally, I came across what you offer, decided to give it a try, and I feel SO much better. My quality of life has improved substantially thanks to this test. So I just wanted to extend my thanks to you for offering an alternative for those of us who have had little to no success with traditional testing.

Sincerely,

Tiffany from Dallas

ALCAT testimonial:

I am writing to report great benefits after one week of following the ALCAT recommendations for the 150 food intolerance test. I have been aware of the foods I am allergic to for years and eliminated those foods from my diet. The awesome thing is that the foods on the food intolerance list were different from foods I noticed myself responding allergically to. I had no idea my immune system was intolerant of veggies such as broccolli and fruits like grapes. I always thought, "The more fruits and veggies the better." However, after eliminating the foods on the red and orange lists for one week I have experienced benefits beyond my expectations. My mind is clearer and I am thinking more creatively and with more clarity. I have more physical energy and endurance and am not fatigued as I was a week ago. My digestion is much better. A friend said I look like I'm glowing! Thank you for the great guidance. This was well worth the cost and time and energy it took to do.

Sincerely,

Bari from California