



MENU *of*
SERVICES

tend your
TERRAIN

AT HOME WITH WELLNESS

AT HOME WITH WELLNESS

services are all designed to help you
tend to your terrain.

Through our **bio-individual, root-cause approach** we support you to
address all the different layers of health and healing.

01. Nutritional Therapy

02. Brain Retraining

03. FLOWpresso[®] Lymphatic Support

04. BioEnergetic Wellness

05. A.R.T. Allergy Release Technique[®]



Nutritional Therapy [↗]

Tend your terrain with the **healing power of nutrition**

THE STARTING POINT for anyone looking to recover from illness or improve their health —where you're going to get the **most results**, in the **shortest amount of time**, with the **least amount of effort** and **cost**.

Nutrition sets the stage for every aspect of your health. It determines how each **cell** and **organ** is nourished and supported, how well your body **detoxifies**, and how effectively it **self-regulates** and **heals**, maintaining a **stable, balanced internal environment**.

Our Nutritional Therapy services are designed to harness your body's innate intelligence and the healing power of **thoughtfully prepared whole foods**.

Our **root-cause approach** ensures that all aspects of health are considered, from *digestion* and *absorption* to *blood sugar regulation* and *fatty acids balance*.

RECOMMENDED *for those struggling with*

- gut and digestive issues
- inflammation
- fatigue and low energy
- autoimmune diseases
- headaches
- chronic pain and illness
- food sensitivities and allergies
- brain fog
- hormonal imbalances
- joint pain
- weight management

3 PACKAGES
(VIRTUAL ONLY)

20 MIN FREE CONSULTATION

[click here to learn more](#)



Brain Retraining



Cultivate a thriving
inner environment

Brain Retraining is designed to harmonize and enhance your inner environment by reshaping how your **brain** and **nervous system** function.

It helps **shift your body out of chronic stress states** ("*fight or flight*") and into a state of healing and resilience.

By learning how to release trapped negative emotions & energy and cultivate safety, you allow your body to move towards **calm, joy, authenticity** and **abundance**.

Brain Retraining tools and practices can help you align your thoughts and identity with your **desired reality** and let go of **self-sabotaging patterns** that hold you back.

3 PACKAGES
(VIRTUAL ONLY)

[click here to learn more](#)

RECOMMENDED

for those struggling with

debilitating anxiety and stress

low confidence and self-esteem

negative thoughts

feeling out of alignment

inconsistency and lack of focus

self-doubt and limiting beliefs

feeling unfulfilled

chronic or autoimmune conditions (Fibromyalgia, IBS, Chronic Fatigue Syndrome, Hashimoto Thyroiditis, Lyme disease, Long Covid, Psoriasis)

FREE CONSULTATION



FLOWpresso[®] Lymphatic Support

Repair and rejuvenate your body's terrain

With FLOWpresso, your **lymphatic system** gets the support it needs to function at its best.

FLOWpresso combines three powerful treatments into one to help your body **clear out toxins and waste from your tissues.**

This means better detoxification, a stronger immune system, and improved overall health.

It has been **clinically proven** to help with stress, anxiety, and sleep by helping the body shift from *“fight or flight”* mode to a *“rest and restore”* state.

This shift is crucial not just for relaxation but for allowing your body to **heal and repair** itself more effectively.

FLOWpresso is a simple, effective, and relaxing way to help keep your body's internal systems running smoothly and efficiently.

RECOMMENDED
for those struggling with

sleep issues

stress management

anxiety

low energy levels

mobility

wright management

sports performance, recovery
and/or endurance

lymphatic congestion

3 PACKAGES
(IN-OFFICE ONLY)

GIFT CERTIFICATES
AVAILABLE

[click here to learn more](#)



BioEnergetic Wellness

Uncovering and addressing the body's **hidden stressors** and **imbalances**

BioEnergetic Wellness offers a holistic approach that works with your body's systems to find and address the **root causes of your health issues**, not just the symptoms.

We use Autonomic Response Testing to detect weakness and dysfunction that might be invisible on the surface but can cause significant health issues if left unchecked.

By identifying what's blocking your body from its natural ability to **regulate** and **heal** itself, we can **correct the deeper imbalances** that are keeping you feeling ill and unwell and creating chronic health issues.

From there, through a **tailored healing plan** that aligns with your body's specific needs, we bring the body back to a state of *health* and *balance*.

6 PACKAGES
(VIRTUAL/IN-OFFICE)

RECOMMENDED *for those struggling with*

chronic and autoimmune conditions (Fibromyalgia, IBS, Chronic Fatigue Syndrome, Hashimoto Thyroiditis, Lyme disease, long Covid, Psoriasis)

unexplained fatigue

chronic gut issues

persistent inflammation / pain

skin issues (acne, eczema, hives, psoriasis)

mental distress (anxiety, depression, brain fog)

unexplained illness with no resolution

DISCOVERY CONSULTATION

[click here to learn more](#)



A.R.T. Allergy Release Technique®

The key to live a **fuller, less restricted life**

A.R.T. Allergy Release Technique® offers a **holistic, natural, and drug-free approach** that goes beyond the symptoms of allergies to target their underlying cause —an *over-reactive immune system*.

It uses radio-frequency technology to pinpoint the toxins and stressors burdening your immune system.

The ultimate goal of A.R.T. is to enable you to **reintroduce foods** or **manage other immune conditions safely**.

By **strengthening the immune system** and **calming the anxiety response**, you can gradually and safely expand your diet and reduce your reactivity to environmental allergens.

RECOMMENDED *for those struggling with*

lactose intolerance

food sensitivities

environmental allergies

animal allergies

chemical sensitivities

asthma

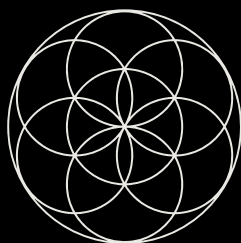
eczema

oral allergy syndrome

irritable bowel syndrome (IBS)

IN-OFFICE ONLY

[click here to learn more](#)



ATHOMEWITHWELLNESS.COM

INSTAGRAM

FACEBOOK



Click here for our
office location in Mendon, NY