

## Practitioner

### **Kimberly S. Geck, B.S., M.S., MT(ASCP)**

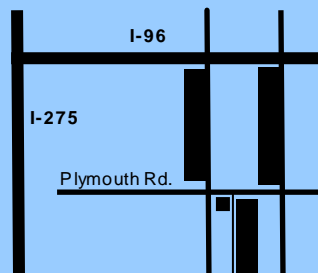
Kimberly is a Doctoral candidate in Holistic Nutrition at Clayton College of Natural Health. She also holds a Masters degree in Holistic Nutrition with a concentration in Homeopathy, is a certified Medical Technologist and Clinical Laboratory Scientist, and has a degree in Biology with a minor in Engineering Physics from the University of Toledo.

### Philosophy

Optimal health is a reflection of a balanced body, mind, and spirit. In order to heal and be healthy, each of these aspects must be regarded as equally important and supported appropriately. But as we are each unique, we all have different needs on our path to wellness. Our approach is to determine the root causes of imbalances on all levels and provide individualized support to help you achieve your health goals.

Our vision is to empower, educate and counsel others on how to restore health to the whole person. We are facilitators for our clients as their own healing powers and wisdom restore harmony and balance in body, mind, and spirit.

Our office is located in the  
Plymouth Square Complex  
31157 Plymouth Rd.  
Suite 210  
Livonia, MI 48150



CALL OR VISIT OUR WEBSITE FOR  
MORE INFO:

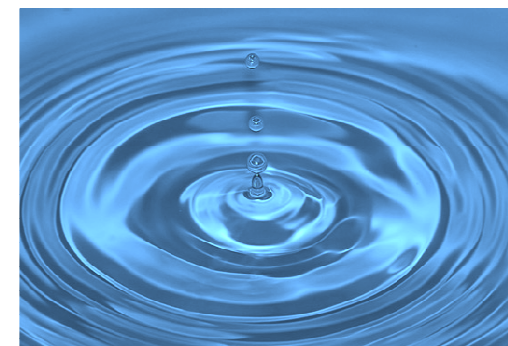
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# Holistic Solutions LLC

Clinical Nutrition  
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Classical Homeopathy



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*Health From the Inside Out*

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### The Problem

Today there is so much information about health and nutrition. How do I know what is right for me?

### The Response

You're a unique individual with unique needs. An optimal health plan that meets your goals has to be based on **your** specific needs. Since optimal health is a reflection of the whole person – body, mind, and spirit – you need a plan that addresses this totality.

### The Solution

#### **Integrated Holistic Nutrition**

- Systematic approach that determines areas of imbalance and individual requirements
- Utilizes the highest quality and optimal intake of nutrients
- Integration of complementary therapies

### The Evaluations

One or more of the following assessment options will be utilized based on each person's needs.

- **Nutrition Response Testing** – A kinesiology based exam of organs, meridians, and autonomic nervous system
- **Biochemical and Metabolic Testing** – A series of urine, saliva, and physiological tests
- **Homeopathic Workup** – An in-depth interview, timeline of health history, miasmatic analysis, and remedy given in water with dose and potency individualized

### The Plan

Individualized and prioritized action plans can include the following:

- Supplement program**
- Diet planning**
- Detoxification regimens**
- Homeopathic remedies**
- Lifestyle adjustments**
- Educational materials**

### Who Benefits?

Anyone who:

- Has chronic health issues
- Is tired / fatigued
- Has digestive / bowel difficulties
- Is under constant stress
- Gets sick easily
- Never well since accident / trauma
- Wants optimal health

These methods support the body's ability to heal and balance itself. It's the person that is the focus, not the name of their condition!

### Fee Schedule

Initial Evaluation: \$90 - \$125

Progress Appointments: \$50 - \$75

