

Education:

- Doctorate in Holistic Nutrition, November 2006
- ANMA Board Certified Naturopathic Hormone Therapist, September 2003
- Board Certified Holistic Health Practitioner, September 2002
- Licensed Brain Gym Practitioner 1996, 1999
- Touch For Health Certification 1993, 1997
- Empathology & Empathology Instructor Training 1994
- Stress Release Instructor 1993
- Certified Nutritional Consultant, November 1993
- Bio-Kinesiology 1992

Numerous and varied CEU courses in: Functional Medicine; Functional Blood Chemistry Analysis; Functional Endocrinology; Mood & Cognitive Disorders; Emotional Stress Release, and others.



Additional Contact Information

Jeannette Santino, PhD, CNC
Holistic Health Practitioner

760-752-1903
www.CreateBalance.net



Important Note: Keep in mind I must strictly adhere to the Laws governing the holistic health profession for the State of California - I cannot diagnose nor treat disease. All laboratory testing is for the purpose of educating and evaluating ones current state of health from the nutritional perspective. Proper laboratory testing and evaluation can give direction on what can be done to improve health by applying good nutrition and targeted supplementation. They are not for the purpose of diagnosing and treating disease. For the diagnosis and treatment of any disease it is important that you contact your medical health professional.



*Create a healthy
and balanced life*

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." - Hippocrates

FOR PHYSICAL BALANCE

Available Lab Tests

- GI Panels (stool & saliva)
- IgG Food Sensitivities Test (serum)
- Adrenal assessment (saliva)
- Comprehensive blood test

Purpose of Lab Tests

- Pre-testing documents your current state of health prior to lifestyle changes
- Pre-testing helps to identify priority areas to address
- Spot-testing gives us a look at your progress, and any changes we may need to make in your protocol
- Post-testing documents the effectiveness of the protocol and the positive changes the body has made toward vibrant health

Benefits of Lab Tests

- Enables us to speed recovery by addressing the “bottom-line” first
- Provides a guide for targeted nutrition vs. the “shotgun” approach



FOR EMOTIONAL BALANCE

Techniques used at every session:

- 1st - Compassionate listening – To identify the priority issue to be addressed during the session at hand
- 2nd - Stress reduction techniques are used to “take the edge off” prior to going deeper. They may include: Neuro-reflex points; Meridian calming / centering techniques.
- 3rd - Time is taken to identify the traumatic event, primary emotion, and negative perception acquired as a result of the event. Sometimes muscle response testing is used as a bio-feedback to hone in on the priority issue.
- 4th - Perception Repatterning is employed to encourage the brain to release the negative, limiting perception(s).
- 5th - Perception Repatterning is employed to encourage the brain to adopt and automatically live by the new healthy perception(s).
- 6th – Session specific home exercises are required for the following three weeks to solidify a positive and lasting shift to a healthier outlook.

Occasionally other techniques are employed and/or recommended such as Brain Gym, Touch for Health, Massage, Resistance Stretching, Chiropractic Adjustments, Art or Music therapy, exercise, or another positive action unique to the individual.

Often specific nutrients are suggested to assist the mind to more quickly return to a state of balance. This may be for neurotransmitter or endocrine support.

ADDITIONAL INFORMATION

- The Laboratories set the fees for their tests – we do not.
- Long E-mails that cannot be answered by the Administrative Assistant will require a phone consultation or office visit.
- There is no charge for brief product questions either by phone or email.

Critical Information before We Begin

Know that when you embark on the journey of reestablishing your health, it is imperative that you follow instructions closely for the required time period. Not applying the protocols as directed can delay or prevent your return to health. This is frustrating to the both of us. If you are having difficulty with any part of the protocol please set up a consultation immediately. It is also imperative for you to do the required follow-up testing so that we are not wasting our time and your money.

Please be assured that I will tell you if or when an issue is evident on a lab test that may require medical intervention or a more aggressive approach by a specialist.



FEE SCHEDULE 2009

- **Nutritional Consultations** - \$60 for ½ - hr sessions / \$120 for 1-hr sessions – Includes lab analysis and written protocol.
Supplements extra.
- **Stress Reduction Sessions**
 - First session is generally a 2-hour session / Total cost is \$150
 - Most following sessions are 1 ½ hours and are \$120
- **Brain Gym Balances** - \$45 per session
- Phone consults will be billed in 15 minute increments
- Visa, MasterCard & Personal Checks accepted
- PowerPoint Presentations for groups on Digestive Health, Food Sensitivities and Recovery from Acute, Chronic, and Traumatic Stress available for special events



BRAIN GYM® FOR KIDS

What is Edu-K & Brain Gym®?

Edu-K (short for Educational Kinesiology) is an innovative approach that uses movements to enhance learning. The basic movements are called Brain Gym®

Brain Gym® has been known to show improvements in:

- Learning skills
- Vision (reading, tracking)
- Memory (retention, recall)
- Verbal expression
- Attitude, behavior
- Attention (concentration, focus)
- Physical coordination
- Over-all academic performance
- Academics: reading, writing, math, test taking
- Relationships
- Self-responsibility
- Organization skills

Skills, talents and abilities vary with all children; therefore how Brain Gym optimizes these abilities will be different with each child. Brain Gym will assist your child to function at his or her best while reducing unnecessary stress associated with life's learning experiences. It will give them life-long tools they can use to optimize new learning and manage stressful events.

"Movement is the door to learning."

Paul Dennison, PhD