

I offer a few coaching options:

- 8 Coaching Sessions + IgG Food Sensitivity Testing* for \$900 *Platinum Program***
- 12 Coaching Sessions + IgG Food Sensitivity Testing* for \$1,100 *Advanced Platinum Program*
- 4 Coaching Sessions for \$300 (existing clients only)
- 4 Coaching Sessions + IgG Food Sensitivity Testing* for \$650
- 2 Coaching Sessions + IgG Food Sensitivity Testing* \$520
- 1 Coaching Session \$85 (phone or Skype); your home \$100

12 coaching sessions have been deemed by the founder of the *Institute for Integrative Nutrition* as the perfect compliment to create sustainable new habits. I whole heartedly believe that reducing inflammation through avoiding personal food intolerances will pave the way to vibrant health and desired weight.

Generally we work together via Skype. If in-person sessions are desired, I meet clients at the Sacred Root Kava and Tea Bar, on the corner of State and Geneva Streets in Ithaca; in my home office at 25 Janivar Dr, Ithaca; or at the Foundation of Light on Turkey Hill Rd, Ithaca.

Living Well with Cancer: This option is versatile and can include: nutrition coaching, healing Reiki energy, cooking demonstrations, spiritual inquiry, regression therapy, etc. Make it your own program, based on your needs. {For in-home appointments there is a maximum radius of 30 minutes from Ithaca, NY.}

For Past Lives Therapy to be included in a coaching program, one session counts as 2 coaching appointments (\$250 value). These are arranged at the Foundation of Light in Ithaca, or your home, and last 3 hours.

Many Blessings on this journey,

Deborah Allison

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*Value of food sensitivity test = \$350

**Most popular program to date