



Empowering better health
through natural solutions



PRICES – WHAT ARE THE COSTS?

CONSULTATIONS & FOLLOW-UPS		
PREMIUM TEENAGE-ADULT CONSULTATION	PRICE (incl GST)	TIME
25 Years - Adult A full-length consultation with the practitioner investigating all areas of your present and past health history.	\$140.00	1 hour 30 mins
13 – 24 Years A full-length consultation with the practitioner investigating all areas of your present and past health history.	\$130.00	1 hour 15 mins
PREMIUM CHILD CONSULTATION	PRICE	
6 - 12 Years A full-length consultation with the practitioner investigating all areas of your child's present and past health history.	\$95.00	1 hour
0 - 5 Years A full-length consultation with the practitioner investigating all areas of your baby/toddler/child's present and past health history.	\$55.00	45 mins
FOLLOW-UP	PRICE	
Child - Adult 30-minutes follow-up consult (face-to-face or email) <u>NOTE:</u> May be reduced for babies/toddlers depending on case.	\$50.00	40 mins
Child - Adult (Hair Test Results ONLY) A brief follow-up consult (face-to-face/phone) to explain your hair test results more thoroughly. Your results come with general information to explain what is occurring and needs changing.	\$25.00	30 mins
FOLLOW-UP TREATMENT PLAN	PRICE	
Child – Adult Appointment to discuss Treatment Plan from Initial Consultation	\$0.00	20 mins
EMAIL FOLLOW-UP (Week 3-4 of Treatment Plan)	PRICE	
Child – Adult Email Follow-Up to assess improvements since beginning your recent Treatment Plan.	\$25.00	30 mins

SEE OVER FOR FUTHER TESTS

HAIR ANALYSIS TESTS		
HAIR ANALYSIS ONLY	PRICE (incl GST)	TIME
13 Years – Adult (OPTION 1) Includes a 15-min consultation to take a hair sample – a few health questions and details are also required.	\$105.00	15 mins
0 – 12 Years (OPTION 2) Includes a 15-min consultation to take a hair sample – a few health questions and details are also required.	\$80.00	15 mins
Mother & Baby 0 – 4 Years (OPTION 3) Includes a 15-min consultation to take a hair sample – a few health questions and details are also required.	\$140.00	15 mins
HAIR ANALYSIS TEST WITH CONSULTATION	PRICE (incl GST)	TIME
13 – 24 Years (OPTION 4) Includes full PREMIUM consultation and a hair sample taken.	\$210.00 (SAVE \$20)	1 hour 30 mins
25 Years - Adult (OPTION 5) Includes full PREMIUM consultation and a hair sample taken.	\$220.00 (SAVE \$20)	1 hour 30 mins
SPECIALISED HAIR ANALYSIS TESTS ONLY	PRICE (incl GST)	TIME
5 Years – Adult (OPTION 6) Includes a 15-min consultation to take a hair sample – a few health questions and details are also required. VARIOUS OPTIONS ARE AVAILABLE: Nutrition Test, Women's/Men's Health Test, Sleep & Mood Test, Heavy Metals Test – please enquire at: info@thegoodhealthroom.co.nz	Price Varies	30 mins

HERBAL FORMULA(S) (with Follow-Up)	
HERBS	PRICE (incl GST)
500ml Bottle	\$110.00
200ml Bottle	\$50.00
100ml Bottle	\$27.00

HERBAL FORMULA(S) REORDERS (with no Follow-Up)	
HERBS	PRICE (incl GST)
500ml Bottle	\$110.00
200ml Bottle	\$55.00
100ml Bottle	\$32.00

D.U.T.C.H. TESTS	
D.U.T.C.H. COMPLETE	PRICE
Complete Sex Hormones and Adrenal Test (with sex hormone and cortisol metabolites) <u>For Men & Women</u> – not beneficial if on the contraceptive pill, ring or implant. Some medications to be checked also prior to testing.	\$430.50 incl GST
Offers the most extensive profile of sex and adrenal steroid hormones, along with their all-important metabolites. The daily (diurnal) pattern of free cortisol, along with melatonin is included. This unique combination of clinical information is not available by any other testing method. INCLUDES: Urine: Cortisol (4), Cortisol Metabolites (3), Creatine (4), Melatonin (60HMS), Progesterone (2), Androgen (8), Estrogen Metabolites (8), 8-OHdG, Neurotransmitter Metabolites (3), Nutritional Organic Acids (Vitamin B12, B6, Glutathione). SPECIMEN: 4 x urine cards	

SEE OVER FOR FURTHER TESTS

D.U.T.C.H. TESTS (continued)

D.U.T.C.H. SEX HORMONE METABOLITES

PRICE

Complete Sex Hormones (without cortisol metabolites)

For Men & Women – not beneficial if on the contraceptive pill, ring or implant.
Some medications to be checked also prior to testing.

\$295.00 incl GST

Offers the most extensive profile of sex hormones, along with their all-important metabolites.

INCLUDES: Urine: Progesterone (2), Androgen (8), Estrogen Metabolites (8)

SPECIMEN: 4 x urine cards

D.U.T.C.H. PLUS

PRICE

Complete + Cortisol Awakening Response (CAR)

For Men & Women – not beneficial if on the contraceptive pill, ring or implant.
Some medications to be checked also prior to testing.

\$475.50 incl GST

The DUTCH Plus™ combines the DUTCH Complete test (as above) and additionally includes the Cortisol Awakening Response (CAR) to bring another important piece of the HPA axis (Hypothalamus-Pituitary-Adrenal) into focus. The rise and fall of CAR (at waking, and then 30 and 60 minutes after) can be used as a “mini stress test”. The size of this increase correlates with HPA-axis function. The test helps reveal if the HPA-axis is appropriately responding when faced with a stressor (even when cortisol levels are correct during the day).

INCLUDES: Urine: Cortisol (4), Cortisol Metabolites (3), Creatine (4), Melatonin (6OHMS), Progesterone (2), Androgen (8), Estrogen Metabolites (8), 8-OHdG, Neurotransmitter Metabolites (3), Nutritional Organic Acids
Saliva: Cortisol (5), Cortisone (5)

SPECIMEN: 4 x urine cards, 5 x Saliva

D.U.T.C.H. ADRENAL

PRICE

Free Cortisol and Cortisol Metabolites

For Men & Women (including if on birth control)

\$295.00 incl GST

The DUTCH Adrenal tests for ‘free cortisol’ (bioavailable cortisol) AND the amount of ‘cortisol metabolites’ (how much cortisol the adrenal glands are producing). Some people can present with low free cortisol and high cortisol metabolites which means their production is high. However, the clearance of cortisol may be up-regulated making the free cortisol levels go down. Both measurements are required to show total cortisol production. Cortisol metabolites represent 80% of total cortisol production. This test also measures DHEA-5 (an adrenal gland hormone that helps produce testosterone and estrogen).

INCLUDES: Urine: Cortisol (4), Cortisol Metabolites (3), Creatine (4), DHEA-5

SPECIMEN: 4 x urine cards

FITGENES GENETIC PROFILING

CARBCHOICE (AMY1)

PRICE

Genetic Profile Report based on AMY1 gene (copy number variation) which affects response to starch from carbohydrates and health issues including Weight Management, Diabetes, Gluten Intolerance and Dental Decay.

For Men & Women **The only commercially available test for AMY1 worldwide.**

\$229.95 incl GST

INCLUDES: Full 40 page colour document (emailed) indicating genetic range profile for starch processing. Includes information specific for results, dietary considerations, lifestyle factors, sample food options, some meal plans, and exercise recommendations to compliment genetic profile range.

See website for sample of profile ranges www.the

SPECIMEN: 1 x Buccal Swab kit