



Dr Wellness™

Guiding you to optimal health and wellbeing

WELCOME GUIDE

SERVICES & PRICING

AN OVERVIEW OF WHO WE ARE, WHAT OUR PATIENTS HAVE
TO SAY ABOUT US, OUR SERVICES AND PRICING

Welcome

Thank you for your interest in Functional (Wellness) Medicine, Functional Health Testing, and Heart Math. As a boutique family team who take your health personally, we are excited to be on this journey to optimal wellness with you. Our promise to you is that: Dr Tracy will utilise the best investigations and treatments that conventional medicine offers, as well as offering the most advanced personalised Functional (Integrative) Medicine. This will help Dr Tracy guide you on your Wellness Journey™ back to optimal health. For those currently in good health the Wellness Journey™ is designed to further optimise your health, and to keep you there, in order to thrive and prevent chronic disease.

ABOUT

At the Dr Wellness clinic patient-centered care is a key element of my therapeutic partnership with you. The relationship that forms between you and I empowers you to take ownership of your own healing and gives you the tools to put you back in charge of your health. This is by utilizing Integrative (Functional) Medicine, which is the future of medicine. An analogy that helps to explain Functional (Integrative) Medicine is to think of your symptom as being like a warning light on your car dashboard. Conventional medicine treats that 'warning light' by giving you a medication which is like taking out the light and pretending it does not exist. Integrative medicine gets under the 'car bonnet' to find out why that warning light is on AND looks at the whole engine at the same time, which is why it is also known as root cause medicine. Functional medicine blends the best of conventional, complementary medicine, and Biochemistry, and being a fully registered GP with the Royal New Zealand College of GP's I utilize conventional medical management where appropriate.



LET'S CONNECT!



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01 | PLATINUM PROGRAM

The Platinum Program is suited to people with chronic symptoms or health conditions, or those seeking an even more personalised health and performance optimisation program.

02 | 12 MONTH OPTIMAL WELLNESS PROGRAM

The 12-month optimal wellness program is one of the the key programs to help untangle the root causes of your ill-health, with coaching on tools to optimize your health. This membership is for a minimum of 12 months, but ideally occurs for 2 years.

03 | 6 MONTH DISCOVERY WELLNESS PROGRAM

The 6-month membership is an introductory program to help guide you with your health, with coaching on how to improve your health. This membership is for a minimum of 6 months but ideally occurs for 9-12 months.

04 | MINI WELLNESS PROGRAM

This is a shortened version of our bespoke Wellness Programs and is designed to give you introductory tools on improving your health over 3 Months.

05 | CASUAL PROGRAM

This program is for those that don't wish to commit to a bespoke Wellness Program.

06 | HEARTMATH

This technique empowers you to self-regulate your fight or flight nervous system to reduce stress, increase resilience, and unlock your natural skills. This enables you to break through to greater levels of personal balance, creativity, insight, and health.

The Platinum, 12 and 6 month membership programs are created as chronic disease and chronic symptoms are complex to untangle and take a series of visits. They provide the time to both investigate the underlying cause of your symptoms and fine tune your personalised wellness program.



01 | BECOMING A PATIENT

Please read the information in this welcome guide and select which program you would like.

02 | WHICH PROGRAM IS RIGHT FOR YOU?

75% of our patients are on the 12-month membership programme. If you are unsure after reading this welcome guide we can guide you through the process at your initial wellness appointment and help you choose which one is right for you.

03 | YOUR HEALTH HISTORY

To become a patient at the Dr Wellness clinic we require your full health history to be completed in our comprehensive online patient intake questionnaires. This gives us a starting point to untangle the underlying causes of your symptoms.

04 | STARTING YOUR WELLNESS JOURNEY

Once you have read the welcome guide and chosen the program that is right for you, we can book your appointment. With an average waiting time of 3 months this will give you time to complete your patient intake questionnaires. Appointments can take place from our Timaru or Queenstown Clinic's or via Zoom.*

05 | PAYMENT OPTIONS

- Eftpos
- Credit Card
- Laybuy
- Farmers Card
- Farmlands Card
- Direct bank transfer
- Q-Card

*As a large proportion of the diagnosis is from reviewing your history, we are able to consult with patient's all over the world. Any necessary examinations can usually be undertaken with photographs.



THE DETAILS

The Platinum Wellness Journey Program is suited to people with chronic health conditions, or those seeking an even more individualized optimal health and performance. If you are interested in the VIP Wellness Journey Program, it begins with a 15-minute consultation to assess whether the VIP Wellness Journey Program is suitable for you.

HOW IT WORKS

Step 01

The initial consult (around 15 minutes) is to gauge whether the platinum programme is right for you after Dr Tracy reviews your patient intake questionnaires.

Step 02

The 2nd consult (around 90mins) is a fact-finding mission that is designed to fill in the missing pieces of the puzzle that are left after Dr Tracy reviews your patient intake questionnaires.

Step 03

The 3rd consult (around 60 minutes) involves Dr Tracy reviewing your test results with you, summarising her diagnoses, reviewing the treatment plan and explanation of the Wellness Journey Program.

Step 04

The 4th consult (around 45 minutes) is to review your progress and to further fine tune your Wellness Journey program.

Step 05

Subsequent consults of 30 minutes each month with Dr Tracy to continue to further refine your Wellness Journey program.

INCLUDES

Every element of the 12 month membership PLUS:

- All your appointments are exclusively with Dr Tracy
- Complementary email consults with Dr Tracy Chandler (3 per month).
- 5 hours of dedicated research, planning and analysis of your patient intake forms.
- Unlimited admin support from the Dr Wellness admin team
- Inclusion of all functional (overseas tests).
- Interpretation time of your Functional Testing results
- 12 x HeartMath sessions with Certified HeartMath Practitioner tailored to your needs
- Printed ring bound program

*Please note all additional email consults with Dr Tracy and reviews of old medical records will be charged at a rate of \$550 per hour. (minimum 5 minutes)

INVESTMENT IS

\$660 weekly*

*Products and any additional testing at an additional cost set by the companies.



THE DETAILS

The 12-month optimal wellness program is one of our key programs to help guide you with your health and untangle the causes of ill-health, with coaching on using tools to optimise your health. This membership is for a minimum of 12 months, but ideally occurs for 2 years. If you think of your health as being like a puzzle, the first few months provides about 65% of the pieces of your health puzzle. More pieces can be gained by completing the rest of the program and also by utilising functional testing.

HOW IT WORKS

Step 01

The initial consult (around 1 hour) is a fact-finding mission that is designed to fill in the missing pieces of the puzzle that are left after Dr Tracy reviews your patient intake questionnaires.

Step 02

The 2nd consult (around 45 minutes) involves Dr Tracy reviewing your test results with you, summarising her diagnoses, reviewing the treatment plan and explanation of the Wellness Journey Program.

Step 03

The 3rd consult (30 minutes) is to review your progress and to further fine tune your Wellness Journey program.

Step 04

Subsequent consults of 30 minutes each month with Dr Tracy to continue to further refine your Wellness Journey program.

INCLUDES

- 1 x Initial 1 hour consultation (shared between Dr Tracy and our Nutritionist).
- 1 x Follow up 45 min consultation (a month later) with Dr Tracy and 30 min with a nutritionist.
- 10 x 30 min subsequent consultations (1 per month) with Dr Tracy.
- Complementary email consults with Dr Tracy (1 per month).
- 3 hours of dedicated research, planning and analysis of your patient intake forms.
- Reviewing of historical notes
- Full Access to Testing options based on your needs*.
- Personalised supplement prescription with complete access to practitioner-only products*.
- Personalised e-program containing your Wellness Journey recommendations, suggestions and dietary and lifestyle recommendations.
- Full access to exclusive Dr Wellness protocols as needed.
- Dr Tracy's interpretation of one functional lab test*
- 8 x HeartMath sessions with Certified HeartMath Practitioner tailored to your needs

*Please note all additional email consults with Dr Tracy and reviews of old medical records will be charged at a rate of \$550 per hour. (minimum 5 minutes).

INVESTMENT IS

\$162 weekly*

*Products and testing at an additional cost set by the companies.



THE DETAILS

The 6-month discovery wellness program is an introductory program to help guide you with your health, with coaching on using tools to improve your health. This membership is for a minimum of 6 months but ideally occurs for 9 - 12 months. If you think of your health as being like a puzzle, the first few months provides about 65% of the pieces of your health puzzle. More pieces can be gained by completing the rest of the program and also by utilising functional testing.

HOW IT WORKS

Step 01

The initial consult (around 1 hour)* is a fact-finding mission designed to fill in the missing pieces of the puzzle that are left after Dr Tracy reviews your patient intake questionnaires.

Step 02

The 2nd consult (around 45 minutes)* involves Dr Tracy reviewing your test results with you, summarising her diagnoses, reviewing the treatment plan and explaining your Wellness Journey Program.

Step 03

The 3rd consult (30 minutes) * is to review your progress and to further fine tune your Wellness Journey program.

Step 04

Each subsequent appointment starting 4 weeks later is monthly alternating with Dr Tracy Chandler and our lifestyle coach.

INCLUDES

- 1 x Initial 1 hour consultation (shared between Dr Tracy and our Nutritionist).
- 1 x Follow up 45 min consultation (a month later) with Dr Tracy and 30 min with a nutritionist
- 4 x 30 minute follow up consultations monthly alternating with Dr Tracy and your lifestyle coach.
- 1 hour of dedicated research, planning, and analysis of your patient intake forms.
- Personalised diet, lifestyle and nutrition e-program.
- Personalised supplement prescription with complete access to practitioner-only products*.
- Full Access to comprehensive blood tests based on your needs*
- Access to exclusive Dr Wellness protocols as needed.

*Please note all additional email consults with Dr Tracy and reviews of old medical records will be charged at a rate of \$550 per hour. (minimum 5 minutes).

INVESTMENT IS

\$126 weekly*

*Products and testing at an additional cost.



THE DETAILS

The 3-month discovery wellness program is an introductory program to help guide you with your health, with coaching on using tools to improve your health. This membership is for a minimum of 3 months but ideally occurs for 9 - 12 months. If you think of your health as being like a puzzle, the first few months provides about 65% of the pieces of your health puzzle. More pieces can be gained by completing the rest of the program and also by utilising functional testing.

HOW IT WORKS

Step 01

The initial consult (around 1 hour) is a fact-finding mission designed to fill in the missing pieces of the puzzle that are left after Dr Tracy reviews your patient intake questionnaires.

Step 02

The 2nd consult (around 45 minutes) involves Dr Tracy reviewing your test results with you, summarising her diagnoses, reviewing the treatment plan and explaining your Wellness Journey Program.

Step 03

The 3rd consult (30 minutes) is to review your progress and to further fine tune your Wellness Journey program.

INCLUDES

- 1 x Initial 1 hour consultation (shared between Dr Tracy and our Nutritionist).
- 1 x Follow up 45 min consultation (a month later) with Dr Tracy and 30 min with a nutritionist.
- 1 x 30 minute follow up consultation (a month later).
- 1 hour of dedicated research, planning, and analysis of your patient intake forms.
- Personalised diet, lifestyle and nutrition e-program.
- Personalised supplement prescription with complete access to practitioner-only products*
- Full Access to comprehensive blood tests based on your needs*
- Access to exclusive Dr Wellness protocols as needed.

*Please note all additional email consults with Dr Tracy and reviews of old medical records will be charged at a rate of \$550 per hour. (minimum 5 minutes).

COST

\$161 per week (3 months)

*Products and testing at an additional cost set by the companies.



THE DETAILS

The casual wellness program is for those patients not wishing to commit to a Comprehensive Wellness Program. Appointments are made as needed. The length of the initial appointment is decided by you, however you will be guided by Dr Tracy as to how long subsequent appointments should be. This will be determined by the complexity of your medical problems, and safety requirements, in order to optimise your health.

COST

\$550 per hour

*Please note all email consults with Dr Tracy and reviews of old medical records will be charged at a rate of \$550 per hour. (minimum 5 minutes).



THE DETAILS

Stressors of any form (physical, emotional, chemical, and/or food intolerance) can be a contributing factor to many diseases, so therefore we have other techniques such as Heart Math to help you back to optimal health.

HeartMath techniques empower you to self-regulate your fight or flight nervous system to reduce stress, increase resilience, and unlock your natural skills. This enables you to break through to greater levels of personal balance, creativity, insight, and health. Our aim is to help you develop a new pattern of less sympathetic (fight or flight) nervous system activity and increased parasympathetic (rest and repair) nervous system activity.

HOW IT WORKS

Step 01

The initial discovery call (15 minutes) is a complimentary call that is designed to see if HeartMath is right for you.

Step 02

We take our time listening to your story and help you identify thought patterns that may contribute to your emotional state. We use a biofeedback device to measure your heart rate variability (HRV) in real time. This enables us to quickly see results of the HeartMath techniques. We will educate you on the techniques and benefits so that you can take back control of your life.

Step 03

To review and measure your progress with HRV. To introduce you to more proven techniques.

INCLUDES

We use scientific techniques that are based on 26 years of research. There have been over 300 peer-reviewed independent studies conducted that show the many benefits of HeartMath techniques on the Autonomic nervous system (ANS), which controls our reaction to stress.

HeartMath is proven to

- Reduce cortisol (a stress hormone) by 23%
- Increase DHEA (a protective hormone) by 100%
- Increase IgA (a protective immune marker) by 40%
- Help you reduce stress and anxiety by increasing your inner balance and self-security

COST

\$110 - \$149 per session*

*We recommend between 4 - 8 sessions to get the best results.

PROGRAM'S	CASUAL PROGRAM	MINI PROGRAM	6 MONTH PROGRAM	12 MONTH PROGRAM	PLATINUM PROGRAM
PERSONALISED DIET, LIFESTYLE AND NUTRITION E-PROGRAM		✓	✓	✓	✓
PERSONALISED SUPPLEMENT PRESCRIPTION WITH COMPLETE ACCESS TO PRACTITIONER-ONLY PRODUCTS*	✓	✓	✓	✓	✓
FULL ACCESS TO COMPREHENSIVE BLOOD TESTS BASED ON YOUR NEEDS*	✓		✓	✓	✓
ACCESS TO EXCLUSIVE DR WELLNESS PROTOCOLS AS NEEDED			✓	✓	✓
DEDICATED RESEARCH, PLANNING, AND ANALYSIS OF YOUR PATIENT INTAKE FORMS			✓ 1 HOUR	✓ 3 HOURS	✓ 5 HOURS
ALL CONSULTATIONS WITH DR TRACY				✓	✓
REVIEWING OF HISTORICAL NOTES				✓	✓
COMPLIMENTARY EMAIL CONSULT WITH DR TRACY PER MONTH				✓ 1 EMAIL / MONTH	✓ 3 EMAILS / MONTH
HEARTMATH SESSIONS				✓ 8 SESSIONS	✓ 12 SESSIONS
DR TRACY'S INTERPRETATION OF FUNCTIONAL LAB TESTING*				✓ 1 TEST*	✓ 6 TESTS*
2 FOLLOW UP CONSULTS WITH OUR LIFESTYLE COACH					✓
PRINTED RING BOUND PROGRAM					✓
UNLIMITED DR WELLNESS ADMIN SUPPORT					✓

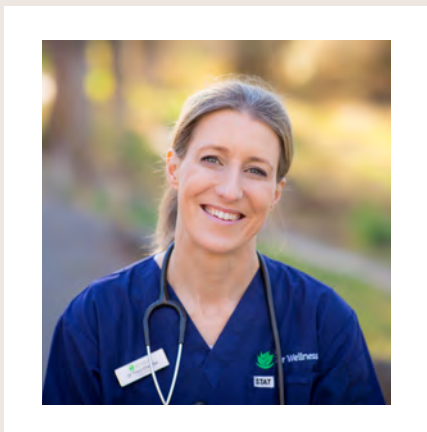
MEET THE TEAM!

DR TRACY CHANDLER

MEDICAL DIRECTOR/GP

BSc(HONS); MBChB; FRNZCGP; FNZSCM, PGDipSEM, Cert Dermoscopy, Cert Homeopathy, FACNEM, ACNEM, Fellowship Examiner, AIMA Member

Tracy was born in Canada and grew up and trained in England. She is married to her soulmate Grant and they have seven children. Tracy completed a Biochemistry degree and then her primary medical training in England. This gave her a more in-depth knowledge of the human body than most Doctors are required to know. She then worked as a GP before doing further post-graduate training in Sports and Functional (Wellness) Medicine and Nutrition. Her decision to specialise in Functional Medicine partly evolved through her increasing awareness of the impact of nutrition and environment on her own personal and her patients health and well-being. Whilst working and raising her family she became unwell and experienced the frustration of conventional medicine not being able to provide a solution for her healing. It was then she discovered the power of Integrative (Functional) Medicine. This combines the best of conventional and complementary medicine and biochemistry to treat the root cause of poor health. With her own health experience and being a (recovering) 'perfectionist' Tracy takes your health very personally!

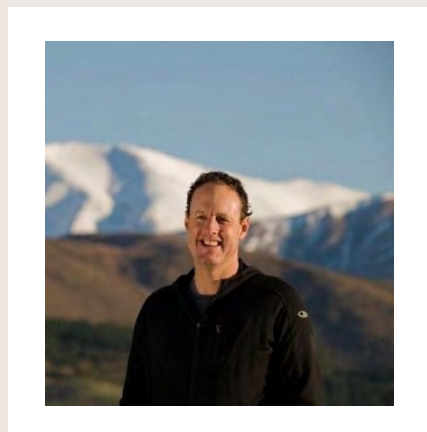


GRANT ANDREW

HEARTMATH PRACTITIONER

DipPsych; Certified Heartmath Practitioner.

Grant is married to Dr Tracy Chandler and is a family man who loves the outdoors flying planes and teaching Tae Kwon Doe in which he gained master status. He loves cooking, DIY projects, and spending time with our 7 children. Grant is a certified HeartMath Practitioner and has nea completed his diploma in Psychology. He is very interested in behaviour, anxiety, and depression and loves working with children.



CHARLOTTE O'BRIEN

ADMINISTRATOR

Charlotte is an experienced administrator, with a strong passion in fitness, health and wellness. For over 5 years Charlotte has been helping people improve their lifestyle choices through nutrition and fitness. Working in a local gym, later establishing Timaru's first health cafe. Charlottes passion for wellness began during her health studies when her own person health issues were declining, with the help of Dr Tracy and some lifestyle improvements, 18years of symptoms disappeared, and a passion for optimising health was developed. Charlotte is Timaru based with her husband where they raise their two young children as well as her husbands hydraulic business. Charlotte enjoys staying active, baking and taking time away with friends and family.



MEET THE TEAM!



HANNAH PAUL

CLINICAL ASSISTANT/ADMINISTRATOR

Hannah has just recently moved home from living in Wellington for three years as she has just finished a bachelor degree in sport and exercise from Massey University. She has always had a passion for health and fitness and she believes that wellness is the key to living a fulfilled life. Based here in Timaru in her spare time she takes advantage of the location and loves to get out on the lake in the summer and hit the slopes in the winter. Spending time with her family and friends is also a top priority as well as keeping fit by working out at the gym and being part of sports teams. She is grateful to Tracey and the team at Dr Wellness on giving her the opportunity to expand her health and wellness knowledge on a greater level.



JESS MEREDITH

NUTRITIONIST

Jess is a qualified nutritionist based in Christchurch and has spent two years working in the natural health industry. Drawing from her own health journey with Non Hodgkins Lymphoma, she has experienced the benefit of using nutrition and integrative medicine to support her treatment and recovery. Jess is passionate about helping people create healthy lifestyles and knows that making great food choices plays an important role in this. She has a holistic approach towards wellbeing and understands that each individual's circumstance is different. Jess is particularly interested in investigating the root causes of health concerns and using nutrition, exercise, integrative medicine and lifestyle changes to heal and support the body.



LYNETTE CHUA

PHARMACIST

Lynette is based in Queenstown and works in a pharmacy that aims to improve their customer's health holistically. She is dedicated to her patients and is continuously learning about how best to use supplements and medicines together to improve their quality of life. She's always had a huge interest in natural health and appreciates working in a pharmacy, as it enables her to reach out to more people in need. In her spare time, Lynette enjoys going on hikes and long walks. She finds comfort in nature and appreciates the peace it brings to her busy life at times. She is always up for an adventure and loves to spend time with her friends and family.

Testimonials

I went to see Dr Chandler over year ago as my husband and I wanted to have another baby. I didn't have my monthlies for about 17 months since I had my baby boy. I was infertile. It was April when I went to my first appointment with Dr Tracy and in June I had my first period back and I got pregnant straight away. My little miracle and Dr Chandler's amazing work is already 5 months old. I didn't have to take any drugs to be able to get pregnant and I'm sure that the conventional medicine would suggest that. My hubby also became her patient. We are so grateful for meeting Dr Tracy. Integrative medicine works amazingly well.

C. DE OLIVEIRA MITCHELL

"To live healthy is such a broad statement and means something different to each of us. I really discovered how true this is after I saw Dr Tracy. I have suffered with migraines since I was 8, with no relief. I have seen various neurologists in various countries, been for scans, tried every 'preventer' under the sun, and numerous natural alternatives. Nothing really lasts. I also have a hiatus hernia, and have terrible reflux. When I started seeing Dr Tracy I saw results pretty soon after. It's not just about fixing the migraine or the reflux, but finding out what's causing it and how to fix that. So she looked at my life as a whole... food, exercise, medications, environmental influences etc, ran blood tests and set a course of action from there. It's not all about prescribing medications or supplements. She's very thorough and by making some changes to my lifestyle and by including some supplements or alternatives has made a huge difference. What I love is that she doesn't prescribe hundreds of medications/supplements and she gives you options of which ones she thinks are the most important. Also the medications/supplements are a 'short term fix' to get everything right and in balance again but you don't have to stay on them once you are feeling good because the changes that you make to your lifestyle help fix the underlying issues. A truly valuable experience. There is no better investment of time and money than in your health. Thank you Dr Tracy for making me feel good again!."

M. PATRICK

"I was diagnosed with ulcerative colitis, an autoimmune condition 3 years ago. For these past three years I have suffered with a very broken digestive system, severe joint pain and inflammation. I lost a lot of weight, I couldn't look after myself or my 3 children and was in and out of hospital, with long periods of being unable to walk. I was given 8 month of great health in the middle of these three years by using strong hospital administered immuno-suppressants, but not surprisingly it came back, no real healing had occurred. It was a nightmare that really ended the day I walked into Tracy's clinic in Queenstown. Here I had found a Doctor who really cared about me and my health. It was the most thorough medical examination and discussion I had had with any doctor. For my family it was essential I had a doctor that operated within the western medical model. I was about to give up on the western health system after so many terrible drug reactions, I was just getting sicker with all the 'help' I was offered by doctors. I was finally told by a gastroenterologist (after a 15 minute consult) that next option was to have my bowel removed. For me, that was not an option I was happy with. There had to be another way, I then found a possible drug trial but again strong immuno-suppressants were all that were on offer. It wasn't until I started working with Tracy and functional integrative medicine that anyone in the western medical field was really looking at any depth to why I had these symptoms. Rather than just trying to suppress the symptoms integrative medicine gave us a framework to investigate, with extremely thorough diagnostics, the symptoms and why this was all happening to my body. After about 8 months working with Tracy, I am back on the ski slopes and enjoying life again. I am still building up muscles from atrophy and though its a slow process I appreciate it all. I am also still detoxing some nasty mould toxins that cause inflammatory responses in the body and will for another year as the detoxing agent is quite strong and this is a gentle process on my body. Integrative medicine also provides a sustainable health model. Suppressing symptoms, removing organs will only mean the dis-ease will come back, maybe in another form, using integrative medicine to get to the root of the problem, the cause and then healing this is the only way that I can see that the healing is sustainable. I can't, and don't want, to imagine where I would be if I hadn't found Tracy and integrative medicine"

M. SMITH

Testimonials

"Just over a year ago my teenage son (who was rarely ill and seemingly healthy) was diagnosed with a chronic illness. It was heartbreaking. We went down the conventional route and were eventually seen and supported by a lovely hospital team specialising in his chronic condition. He was treated with one-off steroid injections, which I initially was wary of, but they did calm down the flare up and over months allowed for increased mobility. However, as with many chronic conditions, conventional medicine does not look into why the condition arose or how, or if, it could possibly be reversed. If there was another flare up, the next step was ongoing, life long medication This tore at my heart. There had to be another way, surely? So, I did a lot research into the chronic condition and was further upset and beside myself with the thought of him, for the rest of his life, suffering with on/off pain, unable to compete in a sport he loved, being on strong medication, that would make him immune compromised not to mention play havoc with his gut. I just couldn't accept this, and believed deep down there had to be a reason for all of this and there must be more help out there. That's when I found Dr Wellness. Tracey was a god-send. She looked into the possible "why", requested non-standard blood tests to dig deeper etc..She gave us hope and a way forward. This was what I was looking for. Admittedly, there was a lot of paperwork, reading and new regimes, which amazingly my teenage son was open to. He has blown me away with his commitment.....which you do need, together with a strong desire and belief. There is a fair amount of cost involved too, but as I said then, and I would now, I would have remortgaged my house to give my son a chance of living without pain, heavy medication and not to mention the associated anxiety & stress. My son's health was paramount and Tracey understood this with her caring, calm, patient manner, not to mention her professional insight. One year on and no further flare ups or heavy meds/steroids. Pretty much back to an all inclusive healthy diet and only a few supplements, which the rest of the family takes too, for general health & well being. This is our (his) experience and outcome. I obviously I can't vouch for anyone else's, but I would go back to Tracey if I felt I needed more than the conventional, medical system currently offers. Forever grateful . Thank you again Tracy".

J. DAVIES

"Dr Chandler has been caring for my wife for six months and we are seeing really good results now. Dr is very caring, very knowledgeable, very thorough and we are so happy to have found such a devoted functional-integrative health practitioner after many years of seeking alternative and genuine health care. Loving Dr wellness in our lives!"

P. GARNER

"Dr Chandlers broad experience in integrative medicine is so important in getting to the bottom of issues standard Drs perhaps don't understand or don't have time to delve deeper in to. Highly recommend".

R. COCKBURN

"If you're not feeling quite right, or you're not getting the answers you need from your doctor, then Dr Tracy is just the person you're looking for. This woman is AMAZING! And definitely next-level in getting you back to feeling 100%. I can't recommend her highly enough. She's been incredible with restoring my health. The best thing you can do for yourself right now is pick up the phone and call her. Thanks Dr Tracy for your care and support. I'll be forever grateful".

K. SINCLAIR

"So thankful to have an amazing integrative doctor like Tracy in New Zealand! She takes the journey to perfect health to the next level in such an intuitive and compassionate way. She is truly a wealth of knowledge with a deep understanding of the body that you sense from the moment she starts sharing her knowledge. Thank you Tracy for all that you do".

S. OLSEN

"LOVED Tracy's wellness seminar! So informative Tracy is so qualified and her genuine compassion for her patients and her passion for helping people improve their lives really shone through. Loved that she didn't tell anyone what diet to eat like everyone else does! Just educated us about different choices and requirements for our bodies. Cannot wait to book in with her for a comprehensive consultation and get to the bottom of a few niggly health issues xxx"

A. SHIRLEY

Let's work together!

HOW TO BECOME A PATIENT

STEP 1 - Please read the information in this welcome guide and select which program you would like.

STEP 2 - Complete your patient intake questionnaires at least 2 days prior to your appointment. These are partly completed by filling in pdf email attachments and partly on our online program called Living Matrix (you can either complete these 4 sections in stages or all at once. The forms are the same for Adults & Children).

STEP 3 - Book your appointment via our online booking system. Please let the Dr Wellness Team know if you wish for this to be via Zoom.





DR WELLNESS IS A PRIVATE CLINIC AND WE RECEIVE NO GOVERNMENT FUNDING. THIS IS SO THAT WE CAN PROVIDE THE BEST FUNCTIONAL (INTEGRATIVE) MEDICINE CARE WITHOUT GOVERNMENT CONSTRAINTS ON HOW WE INVESTIGATE AND TREAT YOU AND ALSO WITHOUT BIAS. THIS MEANS WE HAVE TO CHARGE FOR ALL OUR SERVICES INCLUDING EMAIL CONSULTATIONS. THANK YOU FOR YOUR UNDERSTANDING.



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