

Jill Philo

Naturopath
Introspect, CoRe and NES Practitioner
Metabolic Typing Advisor
Neurogistics Clinician
Registered Massage Therapist / NCBTMB

My interest, and what has undoubtedly become my passion, in the alternative health field, started over fourteen years ago when I began having debilitating migraine headaches. Any medications prescribed only made me feel worse. There had to be a reason why these headaches started and an alternative to using strong and ineffective medications. The more I looked into this the more I had to learn. This path now finds me working as a Naturopath in Katy, at The Living Center, where I help to educate others about natural therapies and lifestyle choices.

I use the latest in holistic health assessment tools, such as the Introspect, the CoRe, Nutri-Energetics System (NES) and Thermal Imaging to help my clients optimize their health. While these are powerful tools in assessing current energetic and informational health, basic therapies, such as proper nutrition, exercise and other lifestyle changes are fundamental to improving health. My consultations are tailored to individual needs and transformation is facilitated through awareness and motivation, for results that last a lifetime. My approach, with each client, is to address multiple levels (physical, emotional and energetic) in order to bring about balance and healing within the body. I strongly believe that we all need to be proactive rather than reactive in managing our health.



Originally from England, I now live in the Houston area. I began my career as a Naturopath in 1994 when I first became interested in aromatherapy as a way of helping with my persistent migraine headaches. I studied aromatherapy extensively under Michael Scholes. In 1997 I became state certified in massage therapy, becoming nationally certified (NCBTMB) in 2002. I am fully trained in a number of different types of body work including Orthopedic massage for soft tissue pain and restrictions and Manual Lymphatic Drainage including edema/lymphoedema control. My interest in using natural therapies has continued to expand over the years and in 2003 I received my Doctorate in Naturopathy. Since then I has gained my certification as an Introspect practitioner, NES practitioner, Metabolic Typing advisor, and a Neurogistics clinician.

In my spare time I volunteer as an advocate for domestic and sexual abuse.

Fee Schedule - 2007:

Consultations

Initial Consultations: Introspect/CoRe (2 hours)	\$ 150.00
Follow up (one hour)	\$ 75.00
Follow up (half hour)	\$ 50.00
Practitioners (2 hours - initial)	\$100.00
Practitioners (one hour follow up)	\$50.00

NAET (Allergy elimination) – Initial session	\$100.00
- Subsequent clearings	\$ 50.00

Metabolic Typing Testing

Metabolic Typing Test	\$50.00
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Packages:

* Test plus four week follow-up lifestyle package	\$ 350.00
* Test plus eight week follow-up lifestyle package	\$ 450.00

NES Infoceuticals	\$24.00
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Bodywork

Orthopedic Medical Massage, Cranial Sacral Therapy, and Manual Lymphatic Drainage (per hour)	\$ 80.00
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Medical Infrared Thermal Imaging (TLC-Katy)

Full Body Scan, 26 images with Professional Medical Analysis Initial scan session, One hour follow up consultation	\$ 395.00
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1 Region Scan with Professional Medical Analysis and ½ hour follow up consultation	\$ 175.00
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2 Region Scan with Professional Medical Analysis and ½ hour follow up consultation	\$ 275.00
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Follow up Scan (without medical analysis)	\$ 100.00
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Infrared Sauna/Ion Cleanse (TLC-Katy)

One session, 30 minutes to one hour	\$ 35.00
Four sessions, pre-paid	\$ 120.00
Ten sessions, pre-paid	\$ 250.00