

Expert Nutrition/Natural Medicine Consultation for Common Health Disorders and Weight Problems

With Dr. James Meschino DC, MS, ROHP



- Cancer
- Autoimmune Disease
- Arthritis
- Parkinson's disease
- Diabetes
- Weakened Immunity (chronic fatigue, Epstein-Barr, chronic mono, fibromyalgia, etc)
- Intensive Weight Loss Coaching – 8 week program

Cancer - If you, or a loved one, are being treated for cancer, or are a cancer survivor, then we strongly recommend that you book a Nutrition/Natural Medicine Consultation with Dr. Meschino. Dr. Meschino is the Director of Nutritional Therapy at a prestigious Integrative Cancer Clinic in Toronto, and has been a regular faculty member in the Integrative Cancer Therapy Fellowship Program taught to medical doctors and oncologists, by the American Academy of Anti-Aging Medicine. Dr. Meschino is a recognized expert in developing personalized diet and supplementation strategies to complement cancer treatments, and help prevent the recurrence of cancer. He has published over 150 research review papers, many of which address evidence-based research involving nutrition/natural medicine and cancer.

Dr. Meschino's 35 years of clinical experience and education also enables him to provide targeted and effective complementary management in other serious health disorders including:

- **Autoimmune Disease**
- **Parkinson's disease**
- **Diabetes**
- **Weakened Immune States (Chronic fatigue, Epstein-Barr, Chronic Mono, other)**
- **Digestive and Intestinal Tract Conditions**
- **Acne, Rosacea, Eczema**
- **PMS, Menopausal Symptoms**
- **Prostate Enlargement**

- **And Weight Loss Coaching – 8-week program**

How to Book an Appointment: Book Your Appointment with our Receptionist (Dr. Meschino will see you at our office)

Fee: \$500.00 – involves two, in-depth office visits, which include:

Initial Visit: 60-90 minutes

- Comprehensive Case History of Primary Health Condition or Concern
- Review of Past and Current History of Health and Family Health History
- Dietary Analysis
- Nutrient Deficiency Assessment
- Drug-Nutrient Interaction Considerations
- Review of all blood work and imaging results (recommendation of additional tests if required)
- Review of current medical treatments
- Physical Examination (neurological, functional musculoskeletal, orthopedic, cardiovascular, anthropometric)
- After the initial visit Dr. Meschino will review the details of your case, pursue additional research and develop an evidence-based integrative program targeted to your needs, which will be discussed in detail during the Follow-up Visit.

Follow-up Visit: 30-45 minutes

You will be provided with a Customized:

- Nutrition Program, accompanied by an important educational explanation as to the exact physiological effects on your body and the intended therapeutic outcome.
- Exercise Program (cardiovascular, strength training, flexibility, core), accompanied by an important educational explanation as to the exact physiological effects on your body and the intended therapeutic outcome
- Dietary Supplements and Natural Medicine, accompanied by an important educational explanation as to the exact physiological effects on your body and the intended therapeutic outcome
- As well as recommendations for Other Targeted Health Interventions specific to your needs, accompanied by an important educational explanation as to their relevance in your case

Intensive Weight Loss Coaching Program entails: An initial visit, plus 7 follow-up sessions (average weight loss 12-20 pounds). Also includes: Two-week supply of Morning Breakfast Shake and 30 Day Supply of Weight Loss Supplement, Menu and Recipe Booklet, Tracking Forms and Motivational Weight Loss Audio CD. (Fee: \$1000.00)

*Dr. Meschino is a Registered Orthomolecular Health Practitioner (ROHP). As such, your Health Insurance may reimburse you for all, or a portion, of the fee, depending on your plan.

Bio

Dr. James Meschino DC, MS, ROHP, holds a Master's degree in science, with specialties in nutrition and biology, and a doctor of naturopathy degree from the U.S. Dr. Meschino is also a Registered Orthomolecular Health Practitioner, registered with the International Organization of Nutritional Consultants. He is the author of four nutrition/wellness books and has developed wellness programs for various Canadian and U.S. companies. Dr. Meschino has been hired to teach wellness seminars to employees of many of Canada's premiere companies, including: RIM Canada, Petro-Canada, Ontario and Lottery Gaming Corporation, ADP –Payroll, Fraser, Milner, Cargrain LLP, Unilever, Amgen, Borden Ladner, Gervais LLP, Motorola, BDO Dunwoody, CIBC-Mellon, Blake, Cassels & Graydon LLP, Blue Mountain Resort, Eckler Ltd, and Bayer Canada. Dr. Meschino is the Director of Nutritional Therapy for the Cancer Immunotherapy Clinic in Toronto, an Associate Professor in the division of Physiology and Biochemistry at the CMCC, where he has taught nutrition and biochemistry since 1984, and is the Director of Wellness and Health Promotion for SEB (Smart Employee Benefits), a publicly traded Canadian Company.