

## Overview of our Consultations with A.R.T.

---

### How will we work together?

During our consultations we will discuss your health and lifestyle to determine how we can best work together in achieving your goals and use A.R.T testing to assess the regulation of your autonomic nervous system and what the key stressors on your system are. I am here to guide you through the whole process and work very collaboratively so that we can work at the pace that is most helpful for you and your body.

### What is A.R.T and how is it helpful?

Autonomic Response Testing (ART) is a highly sensitive Bioenergetic technique that uses biofeedback from the body to measure changes in the Autonomic Nervous System (A.N.S) to identify areas of stress, the causes of that stress and how best to address it.

There is a huge amount of testing and balancing that can be completed. Our sessions will be designed based on your goals & priorities are for you.

See more info [here](#) on A.R.T. itself.

The following can be included in your sessions:

- Heavy metal & pesticide analysis
- Infection analysis (retro-viruses, parasites, mold, viruses, lyme & co-infections)
- Locating accumulation of toxins and infections around the body
- Food Allergies (primary & secondary)
- EMF & geopathic stress assessment
- Dental & jaw assessment
- Clearance of interference fields (scars, old injuries) and other energetic imbalances
- Assessment of how well your body is absorbing & utilising herbs, supplements etc
- Determining if there are any sabotaging beliefs that are countering desire to be well
- Mental Field technique (Tap & tone) & BioMagnetism therapy
- Applied Psycho Neurobiology (A.P.N) for any psycho-emotional root of physical issues
- Herbs and supplement testing – identifying any needed to support and assessing most helpful/priority items to support

Once issues are found to be blocking regulation and/or causing stress we can test the best solutions/interventions – these can be diet & lifestyle changes, nutrients, tapping points, and other therapeutic interventions.

## What is included in my Initial Consultation with A.R.T. Session?

We complete this in three parts

1. You complete the health questionnaire within the **Welcome Pack**. I review this together with any other testing/information you provide in advance of our first call.
2. We then complete a **Functional Medicine Analysis Call** (by remote video/audio) -1 hour. Here we discuss your goals, your health history, your health challenges, lifestyle, food, stressors. We will discuss specific nutritional and lifestyle changes and any therapeutic interventions that will be included in your plan, and this call will inform the directions we take in your first ART session
3. Then we commence with the **Autonomic Response Testing (A.R.T.)** 1 (in-person / 2hours). Please pause all supplements for 48hours prior to this appointment and bring them with you.

Within 2-3 working days of the A.R.T. Session, you will receive a plan with recommendations, that will include a summary of ART findings and all nutritional, lifestyle and supplement advice.

Initial Consultation– £475

## Follow-up Consultations with A.R.T.

- These occur usually every 6-8 weeks to begin with - although will depend on the timeline we create out of your first session.
- Then we complete a further Autonomic Response Testing session (in-person / remote)

We also have the option of follow up appointments without ART testing (30/60 mins) either online or in person if this is helpful in-between ART sessions - again we discuss and agree the best way to support you.

Follow-up consultation with ART (2 hours) – £350

Follow up consultation online/in person/phone (30/60 mins) £85/£175

## Contact

Between consultations if you have questions on the plan or need any support you can contact me on [sandra@sandra-james.co.uk](mailto:sandra@sandra-james.co.uk) If there are many questions then I may suggest we book a 30 min appointment to make sure you're getting the support needed. The times to be in touch with me are especially those times when you are not sure about how to incorporate something in your plan.