

# SEDONA

H O L I S T I C M E D I C A L C E N T R E

5451 Southwestern Blvd.  
Hamburg, NY 14075  
716 646 6075

**e-mail:** [sedona@sedonaholistic.com](mailto:sedona@sedonaholistic.com)  
**web site:** [www.sedonaholistic.com](http://www.sedonaholistic.com)

**Would You Like To:**

*Have more energy?*

*Be thinner?*

*Have more sex drive?*

*Be stronger?*

*Think more clearly?*

*Remember things better?*

*Be less moody?*

*Sleep better?*

*Get rid of cravings for  
sweets?*

# SEDONA'S HEALTHY WEIGHT LOSS MANAGEMENT PROGRAM

## **FirstLine Therapy Program**

*The goal of Holistic Nutrition is to help individuals reach and maintain optimal health & weight through adequate intake of nutrients for health promotion and disease prevention. Nutrition is not a diet. It is the relationship of foods to the health of the individual.*

*Aging and degenerative diseases including heart disease, diabetes, arthritis, cancer and other immune disorders usually improve when nutritional deficiencies are corrected. At Sedona our goal is to guide you on healthy nutritional and lifestyle changes for a healthy emotional, physical and spiritual body.*

*We encourage you to take steps toward a healthy lifestyle and come in for an initial consultation with our Holistic Integrative Nurse Practitioners: January Chaffee HNP, or Jacqueline Pacos, ANP.*

*Initial visits include an evaluation of your present nutritional and lifestyle habits and a professionally developed individualized plan of care for optimal health.*

*For those who want a comprehensive program, we also offer the FirstLine Therapy Program. This 12 week program focuses on how to make lifestyle and nutritional choices for healthy weight and body composition.*

*This Therapeutic lifestyle program focuses on the underlying causes of many common health problems. The program includes: an easy to follow meal plan, nutritional support with nutritionally balanced food (proven in clinical trials to increase muscle while decreasing body fat) and a moderate amount of physical activity. However, we offer a choice of nutritional plans, all individualized to each patient by our nurse practitioners. We also suggest NLP, along with Ericksonian Hypnotherapy, with Dr. Cherie Santasiero, PhD.*

*Weekly topics include explanation of the macronutrients (carbohydrates, fats and proteins), micronutrients (vitamins and minerals), supplements for proper food metabolism and digestion, stress management, food shopping and exercise.*

## **January Chaffee HNP, ANP, AHN-C**

*January is a New York State Licensed Holistic and Adult Nurse Practitioner. In 2002, she obtained her Masters degree in Holistic Nursing from New York University. In 2004, January completed her post Masters Degree in Adult Health from the University at Buffalo. She is one of only 900 nurses in the United States with National Certification as an Advanced Level Holistic Nurse.*

## **Jacqueline S. Pacos, ANP APRN-BC**

*Jackie graduated from Daemen College in Amherst, NY with a Master of Science Degree/ Adult Nurse Practitioner. She is a Board Certified NP through the American Nurse Credentialing Center.*

*Jackie is certified in homeopathy, herbology, and nutrition through the Institute of Natural Health Professionals. She is a long time member of the American Holistic Nurses Association and applies the Holistic Advance Nurse standards in her practice evaluating a person through Holism of Body, Mind, & Spirit.*

**Cherie Santasiero, Ph.D., Mh.D., Rh.D., MNLP, MHT**, *is Sedona's President and Spiritual Psychotherapist. She earned her Master in Neuro-Linguistic-Programming with Richard Bandler, Ph.D., co-creator of NLP. She is a certified Master Clinical Hypnotherapist and includes Ericksonian Hypnosis in her practice. She has Doctorates in Transpersonal and Alternative Medical Therapies, Ro-Hun Psychotherapy, and Metaphysics.*