

# Contact Information

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**Website**

[www.FrelsiHealth.com](http://www.FrelsiHealth.com)



**E-mail Address**

[jenRN@frelsihealth.com](mailto:jenRN@frelsihealth.com)



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**Located inside  
Wayson Family Chiropractic**

4619 Chadwick Rd, Cedar Falls, IA 50613



**FRELSI  
HEALTH**

“ Your future self will thank you for investing in your wellness today. ”



Jennifer Wayson, RN  
Health Advocate Nurse

## Test for Answers

*Find the root cause of your health symptoms*

**FRELSI  
HEALTH**



# Frelsi Health's Unique Approach

Hi, I'm Jennifer and I'm passionate about seeing the body work in harmony, the way it was made to work. I began my nursing career on a general medical hospital floor, and quickly saw that I was working tirelessly to provide temporary solutions for many patients. Sometimes those solutions added more problems to the mix of symptoms and diagnosis.

At Frelsi Health, we consider the "why" & "how" of unwanted health symptoms, and work our way backward to search for the reason the symptoms came to the surface. It's an inside-out approach to your health & wellness. We advocate for taking a deep-dive look inside your body, through industry-leading lab tests, to find answers about the root dysfunction.

It's fascinating to know about our own body. With specific tests & answers, we can suggest natural supplements and holistic lifestyle changes to get you back to the path of wellness, as well as follow-up care to make sure your changes are sustainable. Who doesn't want to live life to it's fullest?

*It's time to learn your Inside Story!*



## Consultation Services

# Our Goal is to help with Your Goal

As a Health Advocate Nurse, I provide consultation time with patients to learn health history and current concerns. My priority is offering immediate suggestions for lab testing that will best uncover the root cause of symptoms, as well as lifestyle changes & natural supplement options for relief while waiting for your lab test results.

## Find the root cause of:

- ✓ Digestive, Immune, Skin Dysfunction
- ✓ Hormonal, Adrenal & Mood Instability
- ✓ Brain fog, Joint pain, & Poor sleep
- ✓ Allergies, Food Sensitivities & Autoimmune Disorders

## Become a Patient

# Steps to Wellness

1

At your Discovery Consultation I listen to your concerns, **really** listen. I educate on lab testing that will give you answers and suggest supplements to get you on the path to your goal.

2

At your Results Consultation you learn your "Inside Story". Lab results give pointed answers and direction for the next best steps to wellness.

3

We keep in touch about symptom improvements and have a Follow-up Consultation when it's beneficial to explore new test options or re-test to ensure resolution of the problem.

