

## MRT Test procedure - local



### **Step 1:** Test Kit

Collect test kit from self holistic health £75 includes consultation.

### **Step 2.** Book Blood test

Chelmsford Medical Centre

Blood test £25

Fenton House, 85-89 New London Rd, Chelmsford, Essex CM2 0PP

Call: 01245 253760 - appointments between 12-3pm Monday to Thursday only. Return the blood test to self holistic health.

### **Step 3:** Pay lab for test and courier £ 330

You need to schedule the blood test with Dorota Kurek by email 48 hours before drawing the blood.

ref: self holistic health

Email: [dkurek@leap.pl](mailto:dkurek@leap.pl)

**Step 3:** - Completed blood test returned to self holistic health (postcode: CM1 1TS, 28-29 Viaduct Road)

**Step 4:** Receive results and book a consultation at Self Holistic Health - this can be done in person or via phone and email.

**Step 5:** Consultation

**Step 6:** Ongoing support and coaching is available if required...

If you have any questions please do not hesitate to contact us:

Tel: 01245 35 44 65

Email: [enquiries@selfonline.co.uk](mailto:enquiries@selfonline.co.uk)