

MRT Test procedure - National



Step 1: Provide self holistic health with your postal address and pay the consultation fee £ 75. This can be done via phone.

Step 2: Organise blood test - Collection & Shipping

Contact Dorota at the lab - Pay for test, Collection & Shipping £ 330

Schedule the day/time of blood test at your local Medical Centre and contact Dorota Kurek by email 48 hours before the blood test.

ref: self holistic health

Email: dkurek@leap.pl

Step 3: On receipt of test kit, complete blood test usually around £25 at your local medical centre. Follow instructions in kit exactly. Collection will take place that day.

Step 4: Receive results and book a phone/skype consultation with Self Holistic Health.

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