



Dear Patient,

Welcome to the Center For Natural Medicine. Your journey with naturopathic medicine is bound to be a very different experience in health care. You have chosen to take an active role in your body's health. And together, we are about to begin an entirely new type of doctor-patient relationship encompassing a new way of thinking about health.

You are much more than your illness or disease. You are a unique individual with physical, emotional, mental, and spiritual aspects. Holistic care involves looking at and caring for you in a 'whole' way. From the moment you walk into the Center For Natural Medicine, you will notice something quite revolutionary is happening inside this clinic. Here's a peek:

- \* Prior to your appointment, you will need to complete a health history and patient information form. It would also be helpful to bring the results of any previous lab work and list of medications (including dosages) with you to your first visit.
- \* Your initial visit with your doctor will last approximately 90 minutes. This provides ample time for the doctor to address your primary complaint by getting a holistic view of your body systems and treating the root causes of illness.
- \* Naturopathic doctors believe that teaching is a core part of each appointment. You might have discussions with your doctor about nutrition, exercise, stress, and your lifestyle in general.
- \* Your doctor may order lab tests, which you may or may not be familiar with. Lab testing might be done at the hospital, at home, or with your regular doctor. To save in lab fees, medical records releases can be sent for previous lab work or information from other doctor visits.
- \* The least invasive methods will be used first, reserving the therapies with possible side-effects for later, if at all necessary. Naturopathic doctors are the most highly trained doctors in herb-drug interactions to ensure the safety of our therapy recommendations.
- \* Your visit may include herbal medicine and supplements, diet recommendations, as well as lifestyle counseling, specific exercise plans, and stress management techniques. You will leave with a customized, therapeutic plan from your doctor.
- \* You will be encouraged to be an active participant in your health care. You will learn what you can do to get healthy, and stay healthy. In our experience, we see surgeries avoided, medication requirements minimized, more vitality, more health, more quality of life.  
*You will save money and suffering in the long run.*
- \* Ask questions. We want you to understand what's going on in your body/mind and what you can do about it.

Listed on the following page are a few tips on how we work at the Center For Natural Medicine. Please look them over and feel welcome to call with any questions. It's important to us that there are no surprises as we move forward in our work together.

Remember to bring your completed new patient paperwork and past lab results, if available, with you to your first visit. We look forward to meeting you!

Sincerely,  
The providers and staff of CNM



## Things To Know About CNM

### *Collaboration*

The naturopathic doctors at the Center For Natural Medicine have the most extensive training in natural medicine available in the nation, on par with the training of medical doctors and doctors of osteopathy. Your naturopathic doctor is a crucial thread in the fabric of your complete health care, and is seeking to work together with your regular medical doctor to provide the best care for you.

### *Appointments*

This may be a different approach to health care than what you are used to. Initially more frequent appointments may be required so that your doctor can understand your whole health challenges and goals. As your work together progresses, appointments are usually spaced farther apart.

Your scheduled appointment time is set aside exclusively for you. During that time, your doctor will focus on your main concerns and answer as many of your questions as possible in the time allowed. Afterward, if you find that you have additional questions specifically about your appointment, you may call the clinic. The clinic staff will assist you and if needed, relay messages to your doctor, and return your call as soon as possible. Please refrain from corresponding with the clinic through email or the internet. When you become a patient, internet correspondence becomes a privacy issue. Coming prepared to your appointment with specific concerns or questions, as well as a current list of medications and supplements, makes your time with your doctor more meaningful.

If you call the clinic with a new issue not discussed in your most recent appointment, or if it has been over 1 year since you've seen your doctor, clinic staff will schedule an appointment for you. If your questions relate to other family members, appointments can be scheduled to specifically address those concerns.

Please note that we require a 24-hour cancellation notice for all appointments. Missed appointments will be charged a \$60 cancellation fee.

### *Insurance/Cost*

Full payment is required at the time of your appointment. Supplements must be paid at the time of pick-up and when calling in orders for shipment. Current hours and appointment pricing are available on the website. If you need refills for individual formulations, we ask that you give us 48-hour notice.

Many people are paying for their naturopathic medical care with their Flex Plans or Health Savings Accounts, however many insurance companies do not cover our services. Fortunately, insurance companies are increasingly offering coverage for naturopathic medical services. Contact your insurance company to see if your benefits plan includes coverage for naturopathic medicine.

Most people pay out-of-pocket for our care. For this reason, we offer the lowest cost care possible for our patients. In comparison to conventional medical office visits, our visits cost considerably less. In these times of insurance uncertainty, many of our patients report that since they have to pay for more and more health care costs out-of-pocket, they might as well get the type of care they want.

*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison*



CENTER FOR  
NATURAL MEDICINE  
*where healing begins*