

*What to Expect when visiting your Naturopath at HEALING FOUNDATIONS
NATUROPATHIC CLINIC*

First Visit – Initial Consult, 1 to 1.5hrs (Health History, Assessment/Diagnosis, Begin Treatment):

- Once you schedule an appointment at our clinic, reception will provide you with a **Health Evaluation Form**. It is best to fill-out this form and return it to the clinic one week to one day prior to your visit.
- At your first visit, your ND will guide you along by asking some specific questions about the nature of your health concerns and the possible circumstances which, may have provoked and/or contributed to your current state of health. She will also ask about your lifestyle, diet, medications and supplements, as well as any treatments you have sought out in the past for your condition. Your ND will want to know about your mental/emotional health and she will inquire about any particular stress you may be experiencing. Your ND is also interested in getting to know you as a person and she will ask about your hobbies, interests and what your health goals are.
- **Physical exam and laboratory assessment** will take place during the first visit or at a follow-up visit, depending on the nature of your health condition.
- **Please bring or write down the name of:**
 - All **medications** you are currently taking – how much, when and for how long?
 - All **supplements** you are currently taking – how much, when and for how long?
 - When necessary, write down the reason you are taking the medication or supplement.
- **Treatment:** the purpose of the first visit is for your ND to gather information about your health concerns. At the end of your initial consult, she will be able to give you some feedback on her initial assessment/diagnosis and prepare you for treatment.
- **End Session (Reception):**
 - ✓ Payment for your session and treatment prescription.
 - ✓ Schedule your second visit in 1-2 wks time approx.

Second Visit, 45min - 1hr(Treatment Plan):

- Follow-up from first visit and treatment implemented.
- Your ND will explain to you the recommended course of treatment and the intent behind it. She often makes use of pictures or drawings in order to help you understand what is going on with your body (assessment/diagnosis). She will further explain how her treatment plan will help you heal and remove the cause(s) of your disease.

- Treatment is prescribed (e.g. diet and lifestyle recommendations, supplements or herbal and homeopathic remedies) with clear directions on how to implement these recommendations into your daily life.
- **End Session (Reception):**
 - ✓ Payment for the session and prescribed supplements/remedies (dispensed at Healing Foundations).
 - ✓ Schedule your third visit in 2wks-1month approx.

Third Visit, 1/2hr – 1hr (Follow-up):

- Your ND will follow-up on how you are feeling and coping with your treatment protocol.
- If you have questions about it, these can be addressed at this visit.
- Adjustments to the treatment can be made if necessary. Together you and your ND will solve any problems you have in maintaining the treatment during your busy life.
- You will also address any physical or emotional discomfort you may experience in your healing.
- Your ND will build upon the treatment protocol if things are going well. Additional supplements / remedies or treatments will be prescribed if indicated.
- **End Session (Reception):**
 - ✓ Payment for your session and any prescriptions (dispensed at H.F.)
 - ✓ Schedule your next visit in 2wks –1month.

Fourth Visit, 1/2hr – 1 hr(Follow-up):

- This visit is roughly 4 to 8weeks from the time treatment began. Your condition will have changed in this time period and will be discussed at this time.
- Depending on what is occurring; your treatment plan can: stay the course or turn a different direction altering dietary/lifestyle recommendations or prescriptions.
- For some people, the fourth visit is also a scheduled acupuncture treatment. If acupuncture is part of your treatment protocol, generally you will be required to come for one, half-hour session once every week or every second week for a series of 10 treatments. Re-assessment is made at week 5.

End Session (Reception):

- ✓ Payment for your session and any prescription (dispensed at H.F.)
- ✓ Schedule your next visit. Generally, one to two months.

Rational for follow-up visits:

Generally speaking, visit one through four, are scheduled closer together in order to get you moving towards your health goals. As your body begins to heal and feel better, your sessions with your ND will be spaced further apart (2 to 4 to 6 months). These

follow-ups are designed to monitor your progress and readapt your treatment plan as needed, so that you can keep healing and maintaining your health in body and mind. Your feedback regarding the changes in your condition and what you have experienced physically, mentally and emotionally so far are invaluable in this process.

- Laboratory reassessment will take place, where indicated.
- Reminders of anything you need to be doing that you have gotten out of the habit of will also take place at these sessions.
- Changes to your treatment plan will be made in order to complement your new state of health.

Journals:

Some clients find it helpful to keep a daily or weekly journal, recording fluctuations in their physical, mental and emotional state. It can be a very effective tool in helping you become more aware of your body, mind and emotions and how they relate to your circumstances. As your body-mind consciousness improves, your health follows. Furthermore, by tracking the changes and transitions you have undergone during your naturopathic treatment, you will have an easier time reporting these to your ND and your visits together will be more effective.

When to Follow-up after you re-gain Health:

Once your condition has resolved and you have attained your health goals, follow-up appointments take place on a biannual or yearly basis. Past clients have stated that these visits are “invaluable” because they provide you with the opportunity to address any new or unresolved health issues, ask questions, receive encouragement to stay the course and have those gentle reminders about the healthy things you can do in order to maintain your well-being and practice prevention.