

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

info@corehealthmuskoka.com www.corehealthmuskoka.com

165 Main Street West Huntsville, ON PIH 1X8 705.789.8998

Dear New Patient,

I would like to take this opportunity to welcome you and congratulate you on taking the first step towards optimal health and wellness. Your decision to see a Naturopathic Doctor shows that you respect your health and your body and that you would like to take an active role in your personal wellness.

As your Naturopathic Doctor I am committed to help you achieve your health goals gently and naturally. My goal is to educate and guide you, and to trigger your body's innate ability to heal itself.

Your first visit will be 1 to 1½ hours in length. In this time, we will discuss your primary health concerns, medical history and environment, and a relevant, routine physical assessment will be performed. This information will enable me to make an assessment of your case and attempt to discover the underlying cause for your symptoms. After this visit, we will start you on your road to wellness, but the majority of your treatment plan will be discussed at your second visit after I have had adequate time to research your concerns and customize a treatment plan that is specific to you.

The second visit will be 45 minutes to 1 hour. At this time, I will review my assessment with you and discuss your treatment program. Your program may include any combination of dietary suggestions, lifestyle changes, Body Work, Hydrotherapy treatments, Bowen therapy, acupuncture, Korean Hand Therapy, herbs, homeopathic remedies and/or nutritional supplementation.

Subsequent visits will be booked as necessary to refine your treatment plan and to review your progress.

I encourage you to take an active role in your health care and discuss any questions or concerns you may have about your treatment plan, symptoms and/or condition(s) with me. It is important for you to remember that we are a team.

Please read the following notices and complete the necessary documentation before we meet so that we can use our appointment time efficiently. All your information is strictly confidential.

I look forward to working together, with you, to help you reach your goals and find optimal physical, mental and spiritual wellness.

Yours in good health,

Brandy Strelec, B.Sc.(Hons),N.D. & Dr Nina Lauffer, ND
Board Certified Naturopathic Doctor Board Certified Naturopathic Doctor