



## Welcome To Our Naturopathic Office

We are here to assist with your health care needs. Please take the time to complete your intake form and read the enclosed information, as it will give you background knowledge into naturopathic medicine.

Your first visit will consist of a detailed history, general physical exam, and naturopathic examination. Based on the information obtained, initial recommendations for your treatment protocol will be made. If I feel it is necessary for a more complete analysis of your health status, you may be asked to have further laboratory tests done through your medical doctor, or additional testing may be done in my office. Please bring copies of recent blood tests, x-ray, ultrasounds or any other medical testing relevant to your health complaint.

If you have any questions after your initial visit, please bring them with you on your return visit and I will answer them for you. If you need immediate clarification on remedies, dietary recommendation, or have a concern over any unfamiliar symptoms that may arise, please call our office.

On subsequent visits, your progress will be monitored and treatments modified accordingly. As you start to experience a new level of wellness, I suggest an office visit every three to four months for general disease prevention and health maintenance. If an acute, non-emergency condition occurs, please give me a call, as I may be able to help with a naturopathic treatment.

Because we see many patients with allergies and environmental sensitivities, we ask that on the day of your office visit you **do not wear any scented products such as perfume, aftershave, or lotions.**

We have reserved a special time to help you with your health concerns. If you have a scheduled appointment you are unable to keep, please give our office at least 24 hours notice. We have an ever-growing wait list of patients who are anxious for an appointment, so a space that you cannot use may be given to someone else if enough notice of cancellation is given. Please be advised that failure to notify our office of any cancellations in due time may result in the usual visitation charges, as noted below. We appreciate your co-operation.

### Naturopathic Assessment Fees as of November, 2013

<b>Initial visit</b> (60-75 minutes):	\$ 170.00 +GST
Follow-up (60 min.):	\$ 135.00 +GST
45 min. Visit:	\$ 115.00 +GST
30 min. Visit:	\$ 85.00 +GST
20min Visit:	\$ 58.00 +GST
15min Visit:	\$ 40.00 + GST
10min Visit:	\$ 30.00 + GST
5 min Visit:	\$ 18.00 + GST
30min Acupuncture:	\$ 70.00 +GST
40min Acupuncture:	\$ 90.00 +GST
(Acupuncture Packages Available)	

### Adjunctive Cancer Care Visits

Initial Visit (90 minutes):	\$ 190.00 +GST
Follow-up (60 minutes):	\$ 140.00 + GST
Follow-Up (45 Minutes):	\$ 120.00 + GST
Follow-up (30 minutes):	\$ 90.00 +GST

### IV Treatments

Intravenous Vitamin C Treatments	
50g IVC	\$185.00 + GST
25g IVC	\$165.00 + GST
Myer's Cocktail	\$ 95.00 + GST
Malnutrition Formula	\$175.00 + GST

We accept the following methods of payment: Visa, MasterCard, Debit, Cheque or Cash  
If you have any concerns, please contact our office and we will be more than happy to assist you.

Yours in Health,

Amy Velichka BSc, ND  
Gloria Lemke, Office Administrator

## Frequently Asked Questions about Naturopathic Medicine

### What Is Naturopathic Medicine?

Naturopathic Medicine is a complete approach to improving your health and treating illness. It uses a combination of natural medicines and hands on techniques to support and stimulate the body's ability to heal.

Naturopathic Medicine assesses and treats the causes of disease through careful investigation into the physical, emotional and spiritual aspects of a person's life. Patients are treated with an individualized treatment plan.

### What Training Do Naturopathic Doctors Have?

Like a conventional doctor, dentist or chiropractor, naturopathic doctors must first complete pre-medical studies at university. A four year, full-time program in naturopathic medicine is then completed at an accredited naturopathic college. The first two years of study focus on basic medical sciences and diagnosis. The last two years concentrate on naturopathic principles and therapeutics, including extensive clinical practice in a supervised teaching clinic. To become licensed two sets of standardized NPLEX exams must be passed. Naturopathic doctors must take ongoing continuing educational courses to maintain their licenses.

### What Kinds Of Health Problems Can Be Treated With Naturopathic Medicine?

Naturopathic medicine truly excels over conventional medicine at treating chronic conditions and preventing the development of diseases where risk factors exist. Naturopathic medicine treats most health conditions, including allergies, colds, high blood pressure, fatigue, pain and headaches, skin conditions, and digestive problems. Women's issues and hormonal issues are frequently treated successfully, ranging from menstrual difficulties to infertility to menopausal complaints. Men's health care, prenatal and pediatric care is also offered.

### What Types Of Treatments Do Naturopathic Doctors Use?

Treatment plans can include nutrition and lifestyle counseling, homeopathy, acupuncture, Western and Chinese botanical medicine, counseling, stress management, physical therapies (hydrotherapy, exercise programs), and detoxification programs.

### What Role Will A Naturopath Take In My Life Or On My Health Care Team?

Your Naturopath is a partner in looking beyond your symptoms for the underlying cause and your advisor as you restore balance and health to your life. We are part therapist, part primary care, part health coach and part cheerleader. By removing chronic health issues, we can help you attain your life's purpose and do more of what you love to do.

### Do Naturopathic Doctors Work With MDs Or Other Doctors?

Yes, naturopathic doctors can work in conjunction with conventional medical and other practitioners. Naturopathic doctors may also refer or consult with other health care specialists during treatment.

### If My Symptoms Are Currently Managed With Medication, Why Should I Seek Naturopathic Care?

Naturopathic doctors can work with you to find out about the reasons why you developed your illness and to determine how to prevent a progression of your current diagnosis. When possible we work to achieve true cure, meaning life without daily medication or supplements. We want you to regain a sense of power over your health, to feel like you can have an impact on your illness

### What Should I Expect From A Visit With A Naturopathic Doctor?

You should expect a safe space for you to voice your concerns with caring and compassionate listening every step of the way. There should also be a common sense approach to your set of symptoms. Naturopaths work with you together to decide how to proceed with treatment and have complete respect for your health care choices, as we encourage a high level of patient responsibility.

### How Long Will It Take Me To Feel Better Using Naturopathic Medicine?

The response to naturopathic medicine varies from individual to individual. Generally the longer that you have been experiencing symptoms, the longer it will take for healing to occur. That said, you should have some degree of improvement in the first 4 visits provided that you are following the treatment plan closely. The more effort that you put into your healing process, the more you will get out of the experience. If you are not experiencing improvement or are not comfortable with your treatment plan, there are many avenues that naturopathic medicine can take. Naturopathic medicine has so many different types of treatments modalities that there are many ways to treat the same condition and your current plan is simply what the doctor thinks will work best for your situation. It is important to remember the role that the patient plays as an active partner in their health care.

### **Is Naturopathic Medicine Covered By Saskatchewan Health Or Private Insurance?**

At this time, naturopathic medicine is not covered by Saskatchewan Health, but the majority of extended health care plans include naturopathic medicine. Insured patients should contact their employer or insurance agent to see whether they are covered and for what amount.

### **What Are The Benefits Of Using Supplements From A Professional Company?**

Professional company's products, such as those sold at our clinic, have undergone extensive research to ensure efficacy and safety for patients. This ensures the high quality of supplements and herbs used in these products. Better quality ingredients in products translate to better results for the patients.

### **How Do You Define Optimal Health?**

People who are optimally health have good sleep, vibrant energy, positive mental outlook and a balanced appetite. They also have the ability to adjust to changing life conditions and quickly adapt to stressful situations. They have an understanding of the impact of their food choices and lifestyle. There is an absence of chronic disease and acute illnesses occur only once or twice a year. They maintain a high level of fulfillment and self-reported "well-being".

## **Naturopathic Principles**

Naturopathic medicine is the art and science of health care based on principles derived from centuries of research and observations. The following are some of the principles that guide a Naturopath Doctor

**Tolle Causam (Find the Cause):** aim to identify and remove the underlying causes of illness rather than suppressing symptoms.

**Vis Medicatrix Naturae (The Healing Power of Nature):** Support the healing power of the body, by recognizing and removing obstacles to the body's inherent self-healing process. Many symptoms are actually indicative of the body's attempt to aid in the regeneration process. Removing obstacles to cure and properly support bodily functions will help the body restore itself to health.

**Primum Non Nocere (Above All, Do No Harm):** By using methods and medicines that minimize the risk of harmful side effects; naturopathic treatments stimulate the natural defence systems of the body.

**Tolle Totum (Heal the Whole Person):** To heal the whole person through individualized treatment, by understanding the unique physical, mental, emotional, genetic, environmental and social factors that contribute to illness, and customizing treatment protocols to the patient. Recent research is proving the age-old concept that mental and emotional attitudes can influence one's physical health.

**Prevention:** Health should be a prized possession. Why do we wait for symptoms of disease to appear before we start to value our health? Naturopathic doctors emphasize prevention, by partnering with the patient to assess risk factors and recommend appropriate naturopathic interventions to maintain health and prevent illness. An analysis of subtle symptoms can lead to treatment that will prevent further disease progression.

**Docere (Doctor as Teacher):** The word "doctor" originally meant "teacher." Naturopathic practitioners educate their patients to make intelligent choices regarding their health and lifestyle. Naturopathic Doctor acts as a teacher, guide, resource person, counsellor, etc. and will encourage patients to accept responsibility for their own health.

