



### **Naturopathic Medicine Welcome Package**

This package has been designed to assist you through the process of achieving your personal wellness goals. Please read carefully and bring a completed hard copy of the *Health History Form* (pages 7-12) to your first visit.

Welcome to the first day of the rest of your life! Personal wellness is a lifestyle choice.

Thank you for considering Naturopathic Medicine. You may be reaching out to improve energy and vitality, recover from a specific illness or health concern, seek out natural alternatives or ways to complement your current prescriptions/treatments, prevent disease, and/or bring the body back into balance. Whatever your reason is be prepared for a journey that can change your life for the better, *permanently*.

A Naturopath works to seek out the *root cause* of your symptoms using therapies that support the healing power of the body and nature that do not suppress your symptoms.

My intention is to guide you on your healing journey so that you can *live life to your fullest potential*

### **SERVICES**

My services include: clinical nutrition, homeopathic medicine, herbal medicine, acupuncture, vitamin and mineral therapies, lifestyle counseling, hydrotherapy, drainage and detoxification.

Naturopathic Medicine can benefit the whole family. I treat all ages, including: infants, children, teens, adults and seniors.

Please follow me for regular health tips, articles, recipes on:

Twitter: @drlisaweeksND

Facebook: [www.facebook.com/DrLisaWeeksNaturopathicDoctor](https://www.facebook.com/DrLisaWeeksNaturopathicDoctor)

LinkedIn: [ca.linkedin.com/pub/lisa-weeks/5/aa4/a40/](https://ca.linkedin.com/pub/lisa-weeks/5/aa4/a40/)

If, after several visits, you are happy with my services, please feel free to refer your friends, family members and co-workers to come and see me. I am currently accepting new patients.

## Frequently Asked Questions

1. **Why would someone go and see a naturopathic doctor?**
  - a. You are sick of feeling sick
  - b. You want to complement your existing medical treatments
  - c. You know you don't feel 100% but are unsure why
  - d. You want a simple yet effective exercise and nutrition plan
  - e. You want to prevent disease and be proactive about your health
  - f. You have a specific health goal that you want to achieve.
2. **What Conditions Can Benefit From Naturopathic Medicine?**
  - a. **Digestive:** Diarrhea, constipation, gas, bloating, heartburn, IBS, Crohn's, Colitis, hemorrhoids, fissures
  - b. **Immune:** Autoimmune, illnesses, allergies
  - c. **Skin:** Eczema/dermatitis, psoriasis, acne, unexplained skin rashes
  - d. **Pain:** Arthritis, injuries, strains, sprains, headaches, migraines, stress-related
  - e. **Hormonal Imbalances:** PMS, menopause, andropause, stress, thyroid, infertility (males and females)
  - f. **Sleep Disorders**
  - g. **Fatigue**
  - h. **Mood Disorders:** Depression, Anxiety/Stress
  - i. **Pediatric Health:** Immune Support, Skin Conditions, Digestive Issues, Sleep Disorders, ADHD/ADD
  - j. **Disease Prevention** and health optimization
3. **How can Naturopathic Medicine help me if I am already healthy?**
  - a. Much like a car gives us warning signs when the oil needs to be changed or the engine needs to be serviced, our own bodies give us warning signs before things start to overtly shutdown or malfunction. Naturopathic Medicine recognizes these symptoms and *determines the underlying cause of disease*, treating the problem before it becomes more serious.
4. **How is a Naturopathic Doctor Trained?**
  - a. Naturopathic Doctors (NDs) must complete at least 3 years of pre-medical sciences in University before applying to and completing the four-year full-time Naturopathic Medicine program from one of five accredited Naturopathic Colleges in North America. The Naturopathic program includes over 4200 hours of classroom training, over 1200 hours of supervised clinical training and studies in bio-medical sciences, naturopathic sciences, clinical sciences and clinical education. NDs complete additional licensing exams as required by provincial regulatory boards and are required to obtain yearly continuing medical education credits to maintain licensure. There are four accredited Naturopathic schools in the United States and two in Canada that offer approved naturopathic medical education.
5. **What Can I Expect During A Visit to a Naturopathic Doctor?**
  - a. In the first visit, your Naturopathic Doctor will take an in-depth history, perform a physical examination and use information from laboratory tests to make an assessment and diagnosis. The first visit lasts 1.5 hours. Recommendations and lifestyle changes will be prescribed in the first visit, along with homework (like a diet diary or a temperature chart). The second visits

usually occurs within 2 weeks from the first visit, with subsequent follow-up appointments scheduled monthly after that, spreading out the visits as the treatment plan progresses. Follow-up visits can last from 30-45 minutes. If a course of acupuncture is recommended, a series of 4-5 weekly appointments may be scheduled. These visits usually last 30 minutes.

- b. If you are suffering from an acute illness, like a cold, flu, sore throat, headache or infection, you can book in for a phone appointment, skype appointment or a short visit. Naturopathic therapies can help you recover quicker and can reduce the chance that you will need antibiotics or medications.
- c. Seasonal visits can also be scheduled. Detoxification programs can be prescribed in the fall and spring, preventative measures can be made in the spring/summer to treat allergies, and immune-boosting vitamins, herbs and lifestyle techniques can be prescribed in the fall/winter to prevent and treat illnesses.
- d. It is recommended that you schedule a yearly physical exam and blood/lab test review with your Naturopathic Doctor. NDs can order blood tests for patients or can get an authorized faxed copy of results from your Medical Doctor.

### Appointment Booking

- You can reach me by email ([lisaweeks.nd@gmail.com](mailto:lisaweeks.nd@gmail.com)) or by phone (647-667-2209) to schedule an appointment

### NATUROPATHIC FEES

*\*As of Feb 12, 2014, NDs are no longer required to charge HST on Naturopathic visits.  
HST still applies to supplement sales and lab tests*

#### KIDS < 12

Initial Consultation:	60 minutes	\$160
Subsequent Visits:	30-45 minutes	\$100
Subsequent Visits:	60 minutes	\$140

#### ADULTS:

Initial Consultation:	90 minutes	\$190
Subsequent Visits:	45 minutes	\$100
Subsequent Visits:	60 minutes	\$160
Subsequent Visits:	30 minutes	\$75

### Payment

- I accept cash, cheque or email transfer for Naturopathic visits, NOT credit/debit. Cheques can be made payable to "Lisa Weeks". Email transfers can be made to [lisaweeks.nd@gmail.com](mailto:lisaweeks.nd@gmail.com).

### 24 Hour Cancellation Policy

I have a policy of 24-hrs notice. If I do not receive 24-hrs notice of cancellation, you will be invoiced for the full **appointment** fee. Please respect my time and let me know if you can't make an **appointment**.

## INTRODUCTION TO NATUROPATHIC MEDICINE

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Your Naturopathic Doctor can draw from a wide range of therapies, and will develop a treatment plan specially designed for you. The most common modalities, which may be used individually or in combination, are described below:

#### Herbal (Botanical) Medicine

Medicines derived from plants have been used for centuries in the treatment and prevention of disease. They are increasingly becoming the subject of a growing number of clinical research studies. While the active ingredients of some plant medicines are extremely powerful, they are safe and highly effective when administered by a trained Naturopathic Doctor. Your naturopathic doctor may use more than one at a time, since in many cases the healing effects of these remedies in combination are greater than the sum of their individual actions.

#### Homeopathic Medicine

Originally developed during the 18th century by the physician Samuel Hahnemann, this unique form of medicine is used widely by medical practitioners in Europe but is just beginning to take hold in North America.

Homeopathic medicine uses very dilute amounts of botanical, mineral or other substances to treat specific ailments. If a homeopathic remedy is indicated, your naturopathic doctor will select the appropriate formulation from the thousands of homeopathic remedies available, based on your total symptom picture.

#### Clinical Nutrition

There is an intrinsic relationship between nutrition and wellness. Naturopathic doctors deal with a wide range of problems relating to poor nutrition, including factors that interfere with the body's absorption and utilization of vitamins and minerals. They can also diagnose and treat numerous conditions that result from nutrient deficiencies. Your Naturopathic Doctor will evaluate your nutritional status, determine any food sensitivities or reactions, and make individualized recommendations to optimize health and overall wellbeing.

#### Traditional Chinese Medicine and Acupuncture

Chinese pulse and tongue diagnosis, acupuncture and the use of Eastern botanical medicines comprise Asian Medicine, a system of health care that has been used effectively for thousands of years in Asia, but which has only been introduced to North America in the 20<sup>th</sup> century. Naturopathic doctors are trained in using needle acupuncture and Eastern botanicals as a traditional part of naturopathic practice. Acupuncture has been tested clinically in the treatment of chronic pain and headaches, infertility, stress/anxiety and in overcoming addictions to nicotine, caffeine and many drugs.

#### Hydrotherapy and Physical Medicine

Hydrotherapy, or stimulation of the blood vessels or lymph vessels with hot and cold water, is also prescribed to patients extensively. Naturopathic doctors are trained in the assessment and treatment of musculoskeletal disorders such as joint pain, back pain, neck pain, muscle tension, injuries, strains and sprains.

#### Lifestyle Counseling

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The foundations of health are clean air, clean water, exercise, healthy foods and freedom from excess stress. Naturopathic Doctors are committed to educating and guiding their patients in making powerful positive lifestyle changes to achieve optimal health. Whatever your diagnosis, you can expect to receive some lifestyle counseling every time you visit a Naturopathic Doctor, since prevention is worth a pound of cure! Daily healthy habits add up to contribute to your success. Reducing stress and negative emotions will positively influence health outcomes.

### **Additional Naturopathic Services**

(Fees apply: not covered by OHIP)

#### **Online Naturopathic Dispensary**

I offer an online Naturopathic dispensary for you to purchase your vitamins, herbs and supplements. This saves you time and money (prices are competitive with local health food stores). Shipping takes approximately 3-4 days.

<https://healthwavehq.ca/welcome/1weeks>

#### **Nebulized Glutathione**

A non-invasive, effective inhalation therapy used for upper and lower respiratory tract infections, bronchitis, allergies, the common cold, lung repair after quitting smoking, chronic mucous/congestion and COPD. An essential part of any detoxification plan as glutathione is a powerful detoxifying agent.

#### **B12 Injections**

An intramuscular injection in your upper arm or buttocks to boost energy levels, replace deficiencies, reduce numbness and tingling, and support memory, mood and concentration.

#### **Pascoleucyn Injections**

A safe and effective natural immune booster to be given in the fall and winter to prevent illnesses and to help you recover quicker. With over 60 years of use, this intramuscular injection provides broad-spectrum support against viruses and bacteria. Contains Echinacea and homeopathic remedies to boost immune system function.

#### **Acupuncture**

Naturopathic Doctors complete over 300 hours of acupuncture training as part of their Naturopathic Medical degree. Small, sterile, non-reusable needles are inserted into specific points on the body to reduce headaches, pain and muscle tension, increase fertility, reduce nausea, facilitate healing, reduce stress and rebalance the body.

#### **Lab testing**

An important part of your Naturopathic assessment: includes blood, urine and stool testing to determine food sensitivities (IgG), male/female/thyroid and stress hormone levels, nutrient deficiencies, digestive disorders and parasites.

### **Pediatric Naturopathic Intake Form**

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**PATIENT Information:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Date of birth: \_\_\_\_\_ (D/M/Y) Sex: M / F

**GUARDIAN Information:**

Name: \_\_\_\_\_ Relation to Patient: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal code: \_\_\_\_\_  
Telephone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
Email: \_\_\_\_\_  
Marital status (circle one): SINGLE MARRIED DIVORCED SEPARATED  
OTHER (please specify): \_\_\_\_\_  
With whom does the child live with? \_\_\_\_\_

May we send clinic-related information to your mailing/email address? Y / N Initial: \_\_\_\_\_  
May we leave voice-mail messages related to your visits ? Y / N Initial: \_\_\_\_\_

EMERGENCY CONTACT: Name: \_\_\_\_\_  
Phone number: \_\_\_\_\_ Relation: \_\_\_\_\_  
How did you hear about our Clinic? \_\_\_\_\_

**Other HEALTH CARE PROVIDERS the child is seeing:**

1. _____	2. _____	3. _____
_____	_____	_____
_____	_____	_____
( ) _____	( ) _____	( ) _____

**Please list your PRIMARY HEALTH CONCERNS for the child, in order of importance:**

1. _____	5. _____
2. _____	6. _____
3. _____	7. _____
4. _____	8. _____

**HEALTH HISTORY**

**How would you describe the child's overall state of health? (circle one)**

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Very poor    Poor    Fair    Good    Very good    Excellent

**List any serious medical conditions, diagnoses and/or illnesses: (including type and year of occurrence).**

Condition/Diagnosis/Illness	Month/Year	How does this still affect you?

**List any accidents, injuries, surgeries and/or hospitalizations (including type and year of occurrence).**

Accident/Surgery/Hospitalization	Month/Year	How does this still affect you?

**List any known allergies (including food, drugs, insects, herbs, environmental).**

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**Has the child ever seen a Naturopathic Doctor before? Y / N**

**If yes, for what reason?**\_\_\_\_\_

**What other treatments have been used, or are currently be used to treat the child? (both conventional and alternative; ie. Chiropractic, Physiotherapy, Massage, etc.)**\_\_\_\_\_

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**DOES THE CHILD HAVE ANY OF THE FOLLOWING?**

**Amalgam (silver) fillings? Y / N If yes, how many?**\_\_\_\_\_

**Grinding teeth at night? Y / N**

**Which of the following has your child had?**

N = never    M = mild    A = average    S = severe

	Rubella (german measles)		Roseola		Seizures/convulsions
	Measles		Scarlet fever		Frequent illnesses
	Mumps		Whooping cough		Fever
	Strep throat		Mononucleosis		Jaundice
	Impetigo		Ear infections		Colic
	Diaper rash		Eczema		

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**Please indicate what immunizations the child has had (check):**

- |   |   |
|---|---|
| <input type="checkbox"/> DPT (diphtheria, pertussis, tetanus) | <input type="checkbox"/> Haemophilus influenza B      |
| <input type="checkbox"/> Hepatitis A                          | <input type="checkbox"/> Tetanus booster; when? _____ |
| <input type="checkbox"/> Hepatitis B                          | <input type="checkbox"/> Influenza ("Flu shot")       |
| <input type="checkbox"/> MMR (measles, mumps, rubella)        | <input type="checkbox"/> Polio                        |
| <input type="checkbox"/> Smallpox                             | <input type="checkbox"/> Other _____                  |

**Did the child experience any adverse reactions to past immunizations? Y / N**

**If yes, what was the reaction?** \_\_\_\_\_

**Has the child traveled outside of Canada? Y / N If yes, where?** \_\_\_\_\_

**What screening tests has the child had? (blood, hearing, urine, vision, etc)?** \_\_\_\_\_

### **MEDICATION HISTORY**

**Medications:** Please list all current medications (prescription and over-the-counter), the daily dose and how long the child has taken it.

Medication	Daily dose	How long	Medication	Daily dose	How long
1.			4.		
2.			5.		
3.			6.		

**Supplements:** Please list all current vitamins, minerals, herbs, homeopathics or other supplements, the daily dose and how long you have taken it.

Supplement	Daily dose	How long	Supplement	Daily dose	How long
1.			4.		
2.			5.		
3.			6.		

**Please list all past prescription medications and supplements.**

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**How many times has the child been treated with antibiotics?** \_\_\_\_\_

### **FAMILY HEALTH HISTORY**

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Indicate if a close relative (parent, grandparent, sibling or child) has had any of the following:

Condition	Who?	Condition	Who?
Allergies		High blood pressure	
Alcoholism		High cholesterol	
Arthritis		Kidney Disease	
Asthma		Mental illness	
Cancer		Osteoporosis	
Chronic bronchitis		Rheumatic fever	
Depression		Skin diseases	
Diabetes		Stroke	
Emphysema		Thyroid condition	
Heart disease		Tuberculosis	
Hepatitis		Other	

☐ ☐ I don't know my family medical history

Has any family member passed away (parents, siblings, grandparents?) Y / N

If yes, who \_\_\_\_\_; age \_\_\_\_\_; how? \_\_\_\_\_

Do either of the parent's have a chronic illness? Y / N

If yes, please describe. \_\_\_\_\_

### **DIET**

How was your infant fed? (circle one)

BREAST / FORMULA / OTHER For how long? \_\_\_\_\_

Please provide details about feeding (type of milk/formula, reactions, changes, etc.): \_\_\_\_\_

\_\_\_\_\_

What foods were introduced before 6 months? (Please list approximate month as well)

\_\_\_\_\_

6-12 Months?

\_\_\_\_\_

Did your child ever experience colic? Y / N How severe? Mild / Moderate / Severe

Add any details about the colic: \_\_\_\_\_

Does the child have any food allergies, intolerances or sensitivities? Please list.

\_\_\_\_\_

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**Does the child have any dietary restrictions (religious, vegetarian/vegan, etc.)?**

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**Has the child LOST / GAINED any significant weight lately? Y / N**

**If yes, how much?** \_\_\_\_\_

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**Please describe a typical day's diet**

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Snacks \_\_\_\_\_

Beverages (and total quantity) \_\_\_\_\_

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**Is your drinking water (circle):** TAP    BOTTLED    FILTERED    OTHER: \_\_\_\_\_

**PRENATAL HEALTH**

**What was the health of the parents at conception?**

**MOTHER:** Poor / Fair / Good / Excellent / Unknown \_\_\_\_\_

**FATHER** Poor / Fair / Good / Excellent / Unknown \_\_\_\_\_

**What was the health of the mother during the pregnancy?**

Poor / Fair / Good / Excellent / Unknown \_\_\_\_\_

**What was the mother's age at child's birth?** \_\_\_\_\_

**Was this the mother's first live birth? Y / N Explain:** \_\_\_\_\_

**How was the mother's diet during pregnancy?**

Poor / Fair / Good / Excellent / Unknown \_\_\_\_\_

**Did the mother receive prenatal medical care? Y / N / Unknown** \_\_\_\_\_

**If yes, by whom (please provide details)?** \_\_\_\_\_

**Did the mother experience any of the following during the pregnancy?**

- ☐ Bleeding    ☐ High blood pressure    ☐ Nausea    ☐ Vomiting  
☐ Diabetes    ☐ Thyroid problems    ☐ Physical or emotional trauma  
☐ Other

**Please explain.**

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**Did the mother use any of the following during the pregnancy?**

- ☐ Tobacco    ☐ Alcohol    ☐ Recreational drugs:

**How much of each, and what type?** \_\_\_\_\_

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**Prescription medications:**

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**Over-the-counter medications:**

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**Supplements:**

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**Other:**

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**BIRTH HISTORY**

**Term length:** ☐ Full ☐ Premature: \_\_\_\_\_ wks ☐ Late: \_\_\_\_\_ wks

**Length of labour:** \_\_\_\_\_ **Weight at birth** \_\_\_\_\_

**Any complications?**

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**Was the birth:** Vaginal / C-section / Induced / Forceps / Anesthesia used

**Did the child experience any of the following at or shortly after birth?**

☐ Jaundice ☐ Rashes ☐ Seizures ☐ Birth injuries \_\_\_\_\_

☐ Birth defects

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☐ Other

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**HEALTH AND DEVELOPMENT**

**How was the child's health in the first year?**

POOR / FAIR / GOOD / EXCELLENT / UNKNOWN

**Explain:** \_\_\_\_\_

**At what age did the child first:** Sit up \_\_\_\_\_ Crawl \_\_\_\_\_ Walk \_\_\_\_\_ Talk \_\_\_\_\_

**Describe the child's sleep pattern** \_\_\_\_\_

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**Describe the child's bowel movements and urine (include how many per day, appearance, etc.)** \_\_\_\_\_

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**LIFESTYLE/ ENVIRONMENT**

**Guardian's Occupation** \_\_\_\_\_

**How stressful is your work or other aspects of your life? How do you handle these stresses?** \_\_\_\_\_

**Is your child in:** SCHOOL / DAYCARE / HOME CARE / OTHER \_\_\_\_\_

**Are you or the child regularly exposed to toxins or other hazardous substances (work, home, hobbies, etc.)? Please describe.** \_\_\_\_\_

**Is the child frequently exposed to animals (at work, home, etc.)? Y / N**

**If yes, what types of animals and where?** \_\_\_\_\_

**Is the child frequently exposed to tobacco smoke (home, work)? Y / N**

**Where?** \_\_\_\_\_

**How is the child's home heated?** \_\_\_\_\_

**How would you describe your child's temperament?** \_\_\_\_\_

**What are your child's favorite activities?** \_\_\_\_\_

**Does the child exercise regularly? Y / N**

**If yes, how much and how often?** \_\_\_\_\_

**How much television does your child watch?** \_\_\_\_\_ hours in a DAY / WEEK

**How often does your child read (not for school), or How often does someone read to your child?** ☐ Daily ☐ Several times a week ☐ Weekly ☐ Less than weekly

**How would you describe your child's behaviour and performance at school or daycare?** \_\_\_\_\_

**How would you describe the emotional climate of the child's home?** \_\_\_\_\_

**Is there anything else you feel I should know?** \_\_\_\_\_

***THANK YOU for taking the time to fill out this form.***

The information provided will be used to assess your health care needs.

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