

## **New Patient information - Please read**

Thanks you for your interest. Reading the following information will help make our time more productive.

There are many health care models you may choose, and all have their place. In my clinical nutrition model, we try to determine and treat the underlying cause of a problem. For example, in the medical model, high cholesterol would be treated with a statin drug. In the alternative model, a natural cholesterol supplement could be used short term, but ultimately we are trying to discover the mechanism that caused the lipid elevation. Some possible causes are hypo thyroid, a Vitamin D deficiency, liver stress, or hormone imbalance.

To determine the root cause, we must do several clinical tests using either blood, saliva, hair, or urine. We always start with a full blood profile. You are welcome to bring lab results done by other doctors, but they rarely cover everything I need. I do these tests at my cost (\$99 to \$235). I take all major credit cards but not insurance.

I cannot easily answer the common question “how long will this take,” so when we design a program of diet and supplements, we continue it until we either repeat the test(s) in 2-6 months or review our progress at a consult before then. Please let me know if you are having problems with any protocol before you decrease or discontinue it on our own. Also do not make substitutions from the health food store unless the substitutions are **exactly** the same product and company.

I answer questions relating to your current issues by email at no cost. If you present a new problem or ask a complicated question, I will ask you to schedule a time for an in-person visit or a phone consult. All phone calls, except to order products or schedule an appointment, are considered consults. Please save all your questions on water filters, cookware, juicers, other supplements and such for an office visit. I have no staff, so I can get overwhelmed; there are rarely quick or easy answers, and I often must take time to research an answer.

I do the labs at cost and your payments for supplements go immediately into buying more stock. Prep time, along with routine business matters, is very time consuming. In short, there is a great deal of uncompensated time where I essentially work for free. So, my nutritional business depends on billed consultation time. Please give me at least 24 hours by phone if you need to cancel for any reason. I reserve the right to charge you on less notice or if you are a “no show.”

These policies are not a lack of caring, but caring enough to want to stay this business so I may continue to help people. Thank you.