



BELMONT NATURAL HEALTH CENTRE

201-690 Belmont Avenue West Kitchener ON N2H 1M6

(P)519-578-7489 (F)519-578-9747

www.belmontnaturalhealth.com

Hello and thank you for making a commitment to your health through naturopathic medicine. Enclosed you will find an intake form, consent form, and review of systems form to be filled out before your first visit.

Here are answers to some frequently asked questions:

- *Why so many forms to fill out?* An important principle of naturopathic medicine is to treat the underlying causes of a health concern. This process is comparable to the detective work in a mystery novel; it takes some time to gather all of the clues and often there are details that seem insignificant to the reader but play an important role in finally solving the mystery. This is why I ask for your patience in exploring some of the details regarding your health, and some extra diligence on your part in paying attention to the details of your symptoms and overall well-being.
- *What about supplements?* Nutritional and herbal supplements are often required for successful treatment. In designing individualized treatment plans I always try to minimize the number of items required while still gaining a therapeutic benefit for the patient. I will recommend items that I have found to be of high quality and effectiveness. Some of these are only available through health care professionals such as naturopathic doctors, and others are available at better health food stores. You are under no obligation to purchase items directly from myself.
- As Dr. Daly has clients with various environmental sensitivities, we kindly ask that you refrain from wearing clothes that smell like smoke, paint or other strong odours as this can cause irritation and reactions in other allergic patients.
- *How long before I see results?* This depends on a number of factors, including the nature of the condition treated, patient compliance and the forms of treatment agreed upon. Many acute conditions such as coughs, colds and infections can be resolved very quickly. Chronic concerns such as arthritis, allergies and digestive problems usually take a number of months of commitment to treatment.
- *Are telephone consultations available?* Yes, ongoing communication is an important part of successful treatment and is therefore encouraged. Telephone inquiries are provided free of charge up to five minutes. Consultations requiring more time and discussion are billed at the regular hourly rate after five minutes. Where applicable long distance costs will also be charged.
- *Missed appointments?* Without 24 hours notice, will be billed at the hourly rate.
- *Please include a recent photograph of yourself/patient with your Intake form.*
- *In the interests of cleanliness, please feel free to bring a quiet amusement/toy for your child during his/her appointment.*

Naturopathic medicine is most effective when you are an active participant in your health care. Therefore I will do my best to explain the reasoning behind various treatment options and to answer any questions you may have regarding your care.

Thank you for taking the time to go through these materials. I look forward to meeting with you soon.

Sincerely,

Tom Daly B.Sc., N.D.

Arla Kasaj B.Sc., N.D.