



## WHAT TO EXPECT AT YOUR NATUROPATH APPOINTMENT

### **YOUR INITIAL APPOINTMENT WILL LAST 60 MINUTES AND WILL INCLUDE:**

- AN INTRODUCTION TO MEDICINE PHILOSOPHY AND DETERMINATION OF OUR GOALS FOR OUR WORK TOGETHER
- A THOROUGH MEDICAL AND LIFESTYLE HISTORY, INCLUDING REVIEW OF CURRENT MEDICATIONS AND SUPPLEMENTS
- PHYSICAL EXAMS AND EVALUATION
- RECOMMENDATIONS OF LAB TESTING TO ASSIST YOUR TREATMENT
- INDIVIDUALIZED LIFESTYLE RECOMMENDATIONS AND TREATMENT PLAN DURING YOUR FIRST APPOINTMENT, DR. COULTAS WILL:
  - LEARN ABOUT YOUR HEALTH CONCERNS AND GOALS
  - HELP YOU LEARN ABOUT WHAT IS HAPPENING IN YOUR BODY'S SYSTEMS, ALLOWING YOU TO TAKE CONTROL OF YOUR HEALTH AND WELL-BEING
  - CONSIDER WHAT MAY BE INTERFERING WITH YOUR WELLBEING
  - BEGIN TO DEVELOP A SENSE OF HOW YOUR SYMPTOMS RELATE TO EACH OTHER, AND IDENTIFY UNDERLYING CAUSES
  - CREATE A PARTNERSHIP WITH YOU IN ACHIEVING THE HEALTH YOU DESERVE

**YOUR FOLLOW-UP APPOINTMENTS WILL LAST 20-60 MINUTES:**

DURING THIS TIME, DR. COULTAS WILL TAKE INTO ACCOUNT HOW YOUR HEALTH HAS CHANGED SINCE YOUR PREVIOUS VISIT. SHE WILL REVIEW YOUR PRIMARY COMPLAINT(S) AS WELL AS OTHER ASPECTS OF YOUR HEALTH (DIGESTION, MOOD, ENERGY LEVEL, ETC). SHE WILL PERFORM ANY RELEVANT PHYSICAL EXAMS, REVIEW YOUR LAB WORK, AND ORDER ANY INDICATED FOLLOW-UP TESTING.

AFTER TAKING THIS NEW INFORMATION INTO ACCOUNT, DR. COULTAS WILL WORK WITH YOU TO DEVELOP A REVISED TREATMENT PLAN, IF INDICATED, TO MOVE YOU CLOSER TO YOUR OPTIMAL HEALTH.