

Thank you for choosing naturopathic medicine and committing to your health.

Enclosed are an intake form, consent form, and review of systems form to complete before your first visit. Below are answers to common questions:

- **Why so many forms?**

Naturopathic medicine focuses on identifying root causes of health concerns. Gathering detailed information is essential, even if some details seem minor. Your patience and attention to symptoms and overall well-being help us provide the best care.

- **What about supplements?**

Nutritional and herbal supplements are often part of treatment. We aim to keep recommendations minimal yet effective, using high-quality products. Some are available only through healthcare professionals; others can be found at health food stores. You are not required to purchase from this clinic.

- **Environmental sensitivities:**

Please avoid wearing clothing with strong odors (smoke, paint, etc.) as these can trigger reactions in sensitive patients.

- **How long before results?**

Timing depends on your condition, treatment plan, and compliance. Acute issues (coughs, colds) often resolve quickly, while chronic concerns (arthritis, allergies, digestive problems) may require several months of consistent care.

- **Telephone consultations:**

Brief inquiries (under 5 minutes) are free. Longer calls are billed at the regular hourly rate, plus any long-distance charges.

- **Missed appointments:**

Without 48 hours' notice, missed appointments are billed at the hourly rate.

- **Additional notes:**

Please include a recent photo with your intake form. For children's visits, feel free to bring a quiet toy.

Naturopathic medicine works best when you are actively involved. We will explain treatment options and answer your questions. Thank you for reviewing these materials—we look forward to meeting you soon.

Sincerely,
Dr. Tom Daly ND and Dr. Sukhman Aulakh ND