



Life 'n Balance
WELLNESS CENTRE

Naturopathy Intake Form - B12

Please take time to fill out the following form. It provides a basis for further questions during your visit and helps properly assess your situation. All information is for office use only and will be kept confidential.

General:

Full Name: _____ Date of visit: _____

Date of Birth: _____ Age: _____ Gender: male female

Complete Address: _____

City: _____ Postal Code: _____ E-mail: _____

Phone Number: _____ text reminders? Secondary Number: _____

Occupation: _____ Full-time or Part-time? _____

Marital Status: single married separated divorced other: _____

Children: yes no If yes, please list ages: _____

Extended Healthcare Insurance Company (if applicable): _____

In case of emergency contact: _____

Relationship to patient: _____ Tel. No. _____

How did you find out about the naturopathic services at Life 'n Balance Wellness Centre? _____

Last physician or health care practitioner seen and when? _____

Current medications and/or supplements:

Please list any and all known allergies:

Health Concerns:

What are your chief health concerns? (in order of importance to you)

General state of health: poor fair good very good excellent

Informed consent

Naturopathic Medicine is the treatment and prevention of disease by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental, emotional and spiritual aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity.

A number of different approaches may be used throughout the course of treatment. Treatment modalities include diet, lifestyle counseling, clinical nutrition (primarily via supplementation), botanical medicine, homeopathy, Asian medicine and acupuncture, hydrotherapy, and physical medicine

Individual diets and nutritional supplements are recommended to address deficiencies, treat disease processes, and promote health. The benefits may include increased energy, improved gastrointestinal function, enhanced immunity, and general well-being.

Botanical medicine is plant based medicine that involves the use of herbal teas, tinctures, capsules, and other forms of herbal preparations to assist in recovery from injury and disease.

Homeopathy is a form of medicine based on the Law of Similars; that is, the use of tiny doses of the very thing that causes symptoms in healthy people. These minute doses, of plant, animal, or mineral origin, are used to stimulate the body's ability to heal itself. Homeopathy is a powerful tool that effects healing on a physical and emotional level.

Asian medicine includes the use of acupuncture, Eastern herbs and dietary changes to eliminate disease and balance body functions. Acupuncture refers to the insertion of sterilized disposable needles through the skin into underlying tissues at specific points on the body. Eastern herbs may be given in the form of pills, tinctures, or decoctions (strong teas) to be taken internally or used externally as a wash. Dietary advice is based on traditional Chinese medical theory.

Physical medicine refers to the use of hands-on techniques such as soft tissue and spinal manipulation, as well as various types of electrical stimulation and therapeutic ultrasound for the purpose of treating musculoskeletal and neurological problems.

During your initial visits, Dr. Sweett will take a thorough case history and perform a basic/complaint-oriented physical examination.

Even the gentlest therapies may cause complications in certain physiological conditions. This depends greatly on the individual and the extent of the illness. Some therapies must be used with caution in certain diseases such as diabetes, heart, liver or kidney disease. It is very important, therefore, that you inform your naturopathic doctor immediately of any disease process that you are suffering from as well as any medications (prescription or over-the-counter) that you are taking. If you are pregnant, suspect you are pregnant, or you are breast-feeding, advise your doctor immediately.

Health risks associated with Naturopathic Medicine include but are not limited to:

- Aggravation of pre-existing symptoms during the healing process.
- Allergic reactions to supplements or herbs.
- Pain, bruising or injury from venipuncture or acupuncture
- Fainting or puncturing of an organ with acupuncture needles

_____ I understand that a record will be kept of the health services provided to me. This
Initials record will be kept confidential and will not be released to others without my consent,
unless required by law. I understand that I may look at my medical record at any time
and can request a copy of it by paying the appropriate fee.

I understand that fees and supplements are to be paid for at the time of the consultation.

Initials

I understand that Dr. Sweett will answer any questions that I have to the best of her ability. I understand that the results are not guaranteed. I do not expect the doctor to be able to anticipate and explain all risks and complications. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for (please list any exceptions): _____

Initials

I understand that a fee may be charged (Missed Appointment Fee) for any missed appointments or cancellations with less than 24 hours notice.

Initials

As the patient, you are responsible for the total charges incurred for each visit. We accept cash, debit, cheque or visa. If you have coverage for Naturopathic Medicine, you are responsible for billing your own insurance company – we will provide you with all of the information necessary to send your claim for reimbursement.

Dr. Sweett may prescribe supplements that can be purchased from our in-house dispensary, or elsewhere. Most insurance companies do not cover the supplements prescribed and dispensed.

I have read and understand the above-stated policies and information. I hereby authorize and consent to naturopathic treatment and examination by Dr. Natalie Sweett, Doctor of Naturopathic Medicine. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Patient Name (please print): _____

Signature of Patient or Guardian: _____

Date: _____

Welcome to Life 'n Balance Wellness Centre. We look forward to working with you to help you achieve better health.

Naturopathic medical services are covered under many extended health care plans. Check your policy for coverage details.