


# NEW PATIENT GUIDE

by Dr. Pamela Frank, BSc, ND



Finally, understand your  
health and how to fix it  
without the confusion  
and overwhelm

# WHAT TO EXPECT AT YOUR FIRST NATUROPATHIC APPOINTMENT

Your first visit is designed to be thorough, thoughtful, and personalized. Below is a step-by-step overview so you know exactly what to expect before, during, and after your appointment.

## The Process

- 1. Before Your First Visit:**  
Book Your Initial Appointment. Once your 75-minute initial visit is scheduled, you will receive access to our secure online intake form.
- 2. Submit Your Laboratory Results - if you have them.**  
Please email any recent laboratory results to Maria at [Maria@ForcesofNature.ca](mailto:Maria@ForcesofNature.ca) prior to your visit. Providing these in advance allows for a more productive and focused appointment.
- 3. Complete the Online Intake Form**  
The detailed intake form should be completed at least 24 hours before your visit. This form collects comprehensive information, including: Current medical concerns, past medical history, family medical history, medications, vitamins, minerals, & herbs & lifestyle factors



# The Process

4. **What to Bring** - You do not need to bring anything to your appointment.
- Lab results should be emailed in advance. If not, bring them.
  - Medications and supplements are entered into your intake form.
- If anything changes between submitting your form and your appointment, simply mention it during your visit.

5. **During Your First Visit (75 Minutes)**
- Your initial visit lasts up to 75 minutes and includes a comprehensive review of your intake information, with time to explore additional details. We will review your current concerns in depth, including: Energy, appetite and thirst, digestion, sleep, stress, exercise, lifestyle, medications and supplements, and your daily diet.

6. **We will also review:** Your blood pressure history, any known heart, lung, kidney, or liver concerns, eye, ear, nose, and throat history, lymph node issues, and family medical history. This comprehensive review helps identify patterns, contributing factors, and areas requiring further investigation.

7. **At the end of your first appointment:**  
**Laboratory Testing (If Agreed Upon)**
- If both you and Dr. Frank agree that further testing would be helpful, lab requisitions will be provided by Maria. Testing is always discussed collaboratively and is never forced on you or automatic.

8. **At the end of each appointment you will leave with:**
- A personalized treatment plan
  - Dietary and lifestyle guidance
  - Supplement recommendations (2 or 3 of the most appropriate or effective)
  - A clear follow-up timeline

9. **Follow-Up Schedule**
- Second Visit (4-6 weeks later): 45-60 minutes
  - Subsequent Visits: Every 2-6 months, depending on your needs
- Follow-up frequency is individualized based on your condition and goals.



# The Process (cont'd)

10. **Investment Breakdown**
- Initial Visit (75 minutes): \$260
  - Second Visit (4-6 weeks later): \$160
  - Subsequent Visits (2-6 months apart): \$100

11. **Laboratory Costs**
- Vary depending on the test and laboratory
  - Testing/non-testing options, costs, are always discussed with you
  - Often covered under employee benefits (medical/lab/diagnostic testing categories)

12. **Supplement Costs**
- Depend on your condition and recommendations
  - Typically range from approximately \$5 per month to \$100 per month
  - Supplements may be purchased from any retail outlet
  - There is no obligation to purchase supplements through Dr. Frank

13. **Insurance Coverage**
- Visit fees are usually covered under employee health benefit plans that include naturopathic services.
  - Some laboratory testing may also be covered under extended health benefits.
- We recommend checking your individual plan for details.

14. **Our Philosophy**
- Your first appointment is designed to be collaborative, respectful, and informative. The goal is not simply to manage symptoms, but to understand the full context of your health so we can create a personalized plan that supports meaningful and lasting change.

15. **If you have questions before your appointment,**
- Maria is happy to assist you. Call 416-481-0222 and speak to our AI assistant, Jenny, she'll get a message to Maria right away or email Maria directly at [Maria@ForcesofNature.ca](mailto:Maria@ForcesofNature.ca). We look forward to supporting your health.

