



**Dr Wendy  
Davis ND**

**Welcome to Lotus Tree Wellness and Healing** where your journey with Naturopathic Medicine is bound to be a very different experience in health care. You have chosen to take an active role in your body's health and together we are about to begin an entirely new type of doctor-patient relationship encompassing a new way of thinking about your health. You are much more than your illness or disease. You are a unique individual with physical, emotional, mental, and spiritual aspects. Naturopathic care involves looking at and caring for you in a 'whole' new way.

**Please read the following tips to familiarize yourself with how my practice operates, what you can expect with your appointments and my fee schedule.**

### **Preparing For Your Appointment**

- To help Dr. Wendy to use your time and financial resources as effectively and efficiently as possible it is essential that you complete all necessary paperwork prior to your first appointment and bring it with you on the day of your appointment.
- The first appointment will last about 60 minutes. It would be extremely beneficial to bring: copies of your most recent laboratory exams, a list of your current medications and nutritional supplements (if any) and any specific health concerns to discuss.

### **Appointments**

- Your scheduled appointment time is set aside exclusively for you. During that time Dr Wendy will focus on your main concerns and answer as many of your questions as possible in the time allotted. Afterward, if you find that you have additional questions specifically about your appointment, you may call the clinic. We want you to understand what's going on in your body/mind and what you can do about it. The clinic staff will assist you and if needed, relay messages to your doctor, and return your call as soon as possible.
- If you call the clinic with a **new issue** not discussed in your most recent appointment, or if it has been **over 1 year** since you've seen your Doctor, clinic staff will schedule an appointment for you.

### **Cancellation Policy**

We have reserved a special time to help you with your health concerns. We will make every effort to accommodate your time when scheduling. On occasion you may find it necessary to cancel an appointment. If you cannot make your scheduled appointment, please give 2 business days (48 hours) notice to reschedule your time or a cancellation fee will be charged. A missed appointment hurts three people--you, another patient, and Dr Wendy.

### **Fees & Payments**

Naturopathic treatment is not covered by SaskHealth; however naturopathic fees are covered to some extent by almost all insurance plans. We ask for payment at the time of service as we do not bill insurance companies. We issue receipts that are acceptable to insurance companies for reimbursement.

**We accept payment by cash, cheque or credit.**

Initial Naturopathic Consultation	60min	\$170	Food Sensitivity Testing	45min	\$95
			Allergy Initial Consultation	60min	\$170
Acupuncture - Initial	60min	\$150	Allergy Follow-up Consultation	30min	\$80
Acupuncture - subsequent	45min	\$80.00	IV Therapy: 100mL (individual)	30min	\$105
First Follow-up Consultation	45min	\$110	IV Therapy: 250mL (Individual)	45min	\$120
			Phone / Email Consultation * See below		
Subsequent Appointments	30min	\$80			
	45min	\$95			

**\*Phone consultation and email fees** vary depending on the amount of time spent. You will be billed for both phone and email correspondence, except those containing enquiries about prescribed treatments and conditions already being treated.

### **Collaboration**

Dr Wendy Davis ND has the most extensive training in Naturopathic Medicine available in Canada, on par with the training of medical doctors. Your Naturopathic Doctor is a crucial thread in the fabric of your complete health care, and is seeking to work together with your regular medical doctor to provide the best care for you.

We look forward to serving you and optimizing your health! As with almost anything in life, the more that you commit to the program, the greater results you can expect.

To your health and happiness,

Dr. Wendy Davis ND

### **Pumpkin Spice Cookies**

1/2c coconut oil	2 c rice flour
1 c brown sugar	1 tsp baking soda
1.5 c pumpkin puree	1 tsp baking powder
1tsp vanilla	1/2 tsp salt
1/4 tsp ginger	1/2 tsp cinnamon and nutmeg
1 c carob chips	

**Mix 'em all together, make into 'tim bit' sized cookies and bake at 350 for 15-20 min**