



CONSULTATION INFO IN-PRACTICE or TELE/VIRTUAL

This may seem like a lot of information to read through, but I need you to be well informed as to the process of consulting with a Clinical Naturopath who works wholistically using a comprehensive Integrative & Functional Medicine approach.

YOUR FIRST 10 MINUTE INTRODUCTORY TELE-CHAT IS FREE

Deciding to commit to a new doctor can be a difficult decision! You need to be able to feel comfortable and to "connect" with your new practitioner. This 10min chat (online video) gives us an opportunity to decide if we are "compatible" and if we can work together - with no strings attached and no financial commitment from you. If you decide to work with me – then please read on....

BOOK YOUR INITIAL CONSULTATION

This takes about **3hrs** of your time (*occasional longer in complex cases*)

The reason it takes so long is because we are going to be covering the following:

- Your **MEDICAL & HEALTH HISTORY & TIMELINE** (*a little bit of your life-story*)
- **MEDICAL SIGNS & SYMPTOMS (MSQ)**
- Review of your **PAST TESTS / REPORTS** and/or **REFERRAL** info
- **INITIAL PHYSICAL EXAMINATION** – some basics if/as needed
- Brief initial assessment of your **NUTRITION/ LIFESTYLE, BOWEL MOVEMENTS & STRESS** - *we will do lots more work on these as we go along*
- We will then formulate an **INITIAL PLAN** of action:
 - *EG: clinical tests to do / treatments / intro nutritional & lifestyle changes / supplements / referrals etc.*

STEPS IN THE PROCESS:

1. COMPREHENSIVE PERSONAL INFORMATION GATHERING
2. EDUCATING & COMMUNICATION (*practitioner and patient*)
3. EXAMINATIONS & TESTING
4. NUTRITION & LIFESTYLE - *foundation*
5. SUPPLEMENTS/NUTRACEUTICALS (*selection, dosages, changes over time*)
6. TREATMENTS, OTHER THERAPIES & REFERRALS
7. Continued COMMUNICATION & EDUC
8. FOLLOW-UPS & RETESTING

PLEASE REMEMBER TO COMPLETE / SEND TO ME BEFORE YOUR CONSULTATION:

If you know how, you can create an online / cloud-folder and send me the link instead of emailing everything.

1. **CONSENT FORM** « (100% online) - Complete at least **2 full working days BEFORE** your consultation.
2. **PDF Questionnaires** « – Confirm with Dr Adele which ones you need to complete.
Complete using a PDF editor and send to me at least **2 full working days BEFORE** your consultation -OR- PRINT & complete by hand – then photograph/scan and send to me. GOOD LIGHTING and CLEAR as possible please!
3. **Any previous test results or reports** - get copies from your doctors / hospitals you have been to over the years (*as far back as possible*) and send to me at least **2 full working days BEFORE** your consultation.
NOTE These are YOUR results, so you are entitled to copies for your own records, or to send to other practitioners.
4. **ALL medication & supplementation** that you are taking at present or have in your cupboard.
Type out the full name, manufacturer, amounts, when you take them etc. (use this **TEMPLATE**).
 - a. You can type this LIST **either** on your **HISTORY** -OR- the **INFORMED CONSENT FORM** -OR- the **TEMPLATE**

« Please complete ALL forms and questionnaire, accurately and honestly!

SUPPLEMENTS, NUTRACEUTICALS, MEDICAL FOODS, NATUROPATHIC REMEDIES:

Based on your health issues, concerns, symptoms and clinical results - I may prescribe herbals/botanicals, vitamins & minerals and/or nutraceuticals, medical foods, tissue salts, Bach flower remedies etc. that you will need to take for a specific period of time (*i.e. as a treatment THERAPY*). It is therefore imperative that you check-in via Whatsapp regularly and/or short follow-up consultations (*online is an option*), so that we can adjust your program (*nutrition, remedies, supplements, therapies, lifestyle etc.*) - as your health, test results and symptoms change.

The LNNM Centre does stock several products that can be purchased (*for your convenience you can get directly after your consult, collect from us -OR- we can courier to you*). Please note that you are under no obligation to purchase any products from the LNNMC - but please be aware that all of the products have been used or vetted by Dr Adele, and prices are very competitive vs some health shops. If you choose to purchase anything from the LNNMC, then note that these are charged for separately on your account.

Please check the **WEBSITE** for more info



CONSULTATION DAYS & TIMES:

Various slots from **Mon – Thur** between **10am – 6pm SAST/CAT**, **Friday's** until 3pm (earlier or later by arrangement).

Sat appointments by special request only.

You can BOOK directly on the calendar →

ONLINE Calendar - Click → [HERE](#)

FEES: IN-PRACTICE & ONLINE/VIRTUAL CONSULTATIONS (ZARs/SA Rands): (ANNUAL CHANGES)

- Your first **10 minute** INTRODUCTORY TELEPHONIC / WHATSAPP/ ZOOM chat is **FREE**. Thereafter...
- **INITIAL CONSULTATION SET RATE (~3hrs):** In-person = **R4500**; Online/Virtual = **R5000**
- **Follow-up IN-practice** consultation/treatment rate: **R1,500/1hr** (or part thereof)
- **Follow-up Online/Tele/Virtual** consultation rate: **R1,800/1hr** (or part thereof)
 - *Note: Virtual / tele-consultations cost more vs in-practice, as there is much more preparation, planning and post-admin required.*
- **General Communications** – Telephonic, Whatsapp or Email discussions re. results, questions, queries & “mini” online consultations: < 10min = **FREE**, > 10min = **R400** and every 15min thereafter.

NO SHOW / MISSED APPOINTMENT / LATE CANCELLATION FEE (ie: less than 24hrs before appointment)
= 50% of consult/treatment time (this will be invoiced to you electronically)

PAYMENTS:

International payments – direct exchange rate equivalent to ZAR / Rand rate above (at time of consultation).

We have a USA (\$ DOLLAR), UK (£ GBP), and Europe (€ EURO) account for payments. Please contact Mik, our practice administrator for more info (below).

CREDIT CARD, CASH, SNAPSCAN, or BANK TRANSFER & EFT by special arrangement

MEDICAL AID:

Please note this is a cash practice and we **do not** provide medical aid invoices.

PRACTICE ADMINISTRATOR / PRODUCT ORDERS / INVOICES / PAYMENTS

Our practice administrator is Mike. Please contact him for product orders, enquiries, deliveries, accounts and payments

Email: Mike@NaturalMedicineClinic.co.za | Office: +27 21 531 3589 | Cell / WhatsApp: +27 82 457 0807.

If you agree to everything noted above and/or have any questions – please feel free to book a complimentary **10 minute INTRODUCTORY** chat via TELEPHONE / WHATSAPP/ ZOOM → [HERE](#).

I look forward to working with you and supporting you on your health journey.

Dr Adele Pelteret