



Important Information for Newcomers to Resonance Wellness

For more information and Frequently Asked Questions, see www.resonance-wellness.com.

The Naturopathic Difference

Naturopathic doctors are trained like primary health care providers: we use the same physical exams, the same laboratory tests, and recognize the same signs and symptoms. The primary differences between a naturopathic doctor and your regular family doctor are that the philosophy of care and the treatments used are different.

Philosophically, our intention is to take care of the whole person; we are looking for combinations of symptoms that indicate underlying imbalances, so that we treat causes, not just the symptoms.

Treatments include botanical medicine, homeopathy, diet therapy and nutritional supplementation, hydrotherapy and other common sense medicines.

For more information on the philosophy of naturopathic medicine or the treatment modalities that are available, visit our web pages at www.resonance-wellness.com.

Preparing For Your Appointment

To make the best use of your time with us, there are a few things you should know before your appointment.

Cancellation Policy

On occasion, you may find it necessary to cancel your appointment. PLEASE GIVE US AT LEAST 48 HOURS NOTICE. Because of the time I must set aside to meet you for the first time, a last minute cancellation prevents us from booking clients that are on the waiting list. Appointments that are cancelled without due notice will be charged a fee of \$65 (exceptions will of course be made for unavoidable circumstances). Unfortunately, if you have to rebook, you will be put back into the normal queue for a first office visit.

The Health History Form

You'll notice that the naturopathic intake form is quite long! This form allows us to get a better sense of you and your lifestyle and medical circumstances. The time you spend filling out this form is important; it saves time during the interview and helps you to focus on what concerns you most about your own health. Please return the form at least two days before your visit if possible. This form is not copied to other medical institutions.

If you have had previous lab work, please either bring a copy or let our assistant Natasha know so that she can obtain lab results before your visit.

If you are taking supplements or drugs, bring samples with you. Bring at least two days worth of each item. It is often useful to use Autonomic Response Testing to determine if what you are already taking is helping your condition or how it may be modified to best suit you.

Planning for Your Visit

When you arrive at the clinic, please check in at the desk. It is a good idea to call ahead to check whether or not we are running on time, especially if your appointment is at the end of a shift (early afternoon and early evening). Expect to spend about 1.5 hours with us, including appointment time.

Your appointment will last about an hour, and we'll talk about you – your lifestyle, your motivation in seeking care, and the specifics about your symptoms. By the end of the session, we will usually have a plan that is specific to your concerns that you feel comfortable about fitting into your lifestyle.

Treatment Plans

Your treatment plan will be written out for you to take home after your appointment. It will include topics that we have discussed, your supplements, if any, and your dietary or other lifestyle changes. Often there are informative handouts that we send home for your review.

Dispensary Items/Prescriptions

We maintain a dispensary in our clinic that can supply you with some of the supplements that you may be prescribed. In general we carry those supplements where quality or formulation is a key issue, or where a prescription might otherwise be difficult to find. The supplements, herbs and homeopathics in our dispensary are generally professional products of high quality and are accessible by prescription or recommendation by one of our practitioners only. You have a prescription card that lists your prescriptions and refills so that a health assistant at our clinic can assist you in refilling a prescription if needed. You are never required to get supplements from us – it is always your choice. We work with a handful of pharmacies in Calgary that carry products that we have requested for our patients.

If the Appointment is For Your Child (16 and under)

Forms for children are shorter, but are still detailed and require parent input. Parents are asked to accompany their children on their appointments. Children's appointments also usually take an hour, as common growth and developmental issues are often covered during the appointment.



About Our Payment Policy

Naturopathic treatment is not covered by Alberta Health Care; however naturopathic visit fees are covered to some extent by almost all insurance plans. In general we ask for payment at time of service as we do not bill insurance. We issue receipts that are acceptable to insurance companies for reimbursement. We accept cash, cheques, debit, Visa and MasterCard. Please inform Natasha ahead of time if you will require special financial arrangements and we will try to accommodate you.

We look forward to meeting you and your family.

Allissa Gaul N.D.

Lindsay Irwin N.D.

How to Find Us

Our clinic is located at 813 - 14th Street NW in Calgary.

There is a public parkade under the building has free 3 hour parking.

A parking map is available on our website which shows the other free and paid parking within a block.