

## **What to expect on your first visit**

During your initial consultation with Dr. Lisa, she will conduct a comprehensive life and health history. Initial visits are typically up to seventy five minutes so that she can determine your areas of greatest stress in your body, start to identify the root causes of your health concerns and prioritize where to start.

During this time you will have the opportunity to discuss your wellness goals and what options are available so that you can immediately take away an action plan.

Your initial session will provide recommendations for your treatment protocols, and may also include customized nutrition advice and/or any further diagnostics to consider for your care plan.

Also during this initial meeting, Dr. Lisa will conduct her unique Stress Less Check-Up - looking at 6 key objective metrics to determine your baseline stress levels.

## **An Integrative Approach to Your Health**

### **STEP 1 : Personal Health Assessment**

Dr. Lisa will spend up to seventy five minutes with you where you will connect in detail about your health concerns, complete the comprehensive health history assessment, complete the stress less check-up, and begin to determine the underlying root cause of your concerns.

### **STEP 2 : Review of Findings**

Dr. Lisa will share findings from the complete health assessment and together you will come up with a plan of action so you may achieve your health goals.

### **STEP 3 : Your Custom Care Plan**

Your custom care plan will meet you where you're at and Dr. Lisa will support you to implement the recommendations from your initial session. This might also include lifestyle and nutrition options to support your well-being.

### **STEP 4 : Reassessment & Re-Alignment**

Dr. Lisa will track your progress and may periodically make any necessary changes to your custom care plan to help you achieve your health goals.

### **STEP 5 : Ongoing Prevention Support**

A foundation of naturopathic medicine is to take a proactive and preventative approach to health. Dr. Lisa encourages follow up and ongoing care at frequencies and levels that feel aligned to your wellness.