



Welcome to Naturopathic Care!

Congratulations on taking this important step in making your health a priority and investigating Naturopathic Medicine as part of your health care plan!

Naturopathic Medicine is an inclusive healing system that can help you achieve your health and wellness goals through the integration of conventional medical sciences with natural therapies. Naturopathic Doctors are trained as primary health care providers. We use similar physical exams and laboratory tests and recognize the same signs and symptoms as medical doctors do. The main difference between a Naturopathic Doctor and your conventional family doctor is the philosophy of care and the treatment options that are available to you. Naturopathic Doctors strive to identify and reverse the underlying causes of your health concerns using gentle, safe therapies that restore your natural ability to heal and support your journey toward lifelong optimal health.

Treatments & Services

Clinical Nutrition - the use of whole foods, individualized dietary therapies, and nutritional supplementation creates the foundation of good health, optimal energy, and supports your ability to prevent and heal from illness and achieve and maintain a healthy body weight.

Homeopathic Medicine - the use of diluted and potentized plant, mineral or animal substances to gently and safely stimulate the body's natural healing abilities.

Botanical Medicine - the use of medicinal herbs in tea, tincture, capsule or other extraction to support health and healing.

Lifestyle Counseling & Mind-Body Medicine – includes stress management, breathing techniques, working with thoughts and emotions, and lifestyle choices that support a healthier balance in your life.

Acupuncture & Traditional Chinese Medicine (TCM) - the use of acupuncture, cupping, moxabustion and herbal medicines to restore balance to the body and mind according the principles of TCM diagnosis and treatment.

Cosmetic Acupuncture – Facial Rejuvenation Acupuncture is a specialized certification in cosmetic acupuncture that is recognized to provide rejuvenating and anti-aging benefits such as reduced appearance of fine lines and wrinkles, natural stimulation of collagen production and improved tone and appearance of skin. Facial

Rejuvenation Acupuncture promotes the health of the whole person. Using Traditional Chinese Medicine acupuncture points, specific conditions and imbalances are treated and overall vitality and relaxation are enhanced even as you experience cosmetic benefits.

Physical Medicine - includes Myofascial Release, the use of acupuncture to release painful spasms or trigger points in muscle tissue; Hydrotherapy, the use of hot and cold water treatments to affect the circulatory and immune systems; and Bowen Therapy, a gentle, manual technique that triggers the relaxation response and promotes healing from musculoskeletal conditions, chronic or acute pain, headaches, injuries; also used in male and female infertility.

Health Programs & Packages

Healthy & Active Weight Loss Program – a 10-week, Naturopathic Doctor-supervised weight loss and nutrition program that optimizes your metabolism, harmonizes your hormone levels and activates your immune system. The result is an ideal body weight and a greater sense of health and well-being. The program includes an extensive panel of metabolic tests based on 42 different blood values to inform your personalized nutrition plan. Regular follow-up visits with the Naturopathic Doctor are included to provide you with continued support.

Smoking Cessation Program – a series of seven visits including your Initial Visit, implementing naturopathic strategies to support you in successfully achieving your goal to quit smoking permanently, decrease cravings, support the elimination of toxins and reduce stress.

Preconception Care Program – Naturopathic Medicine for preconception includes clinical nutrition, detoxification, weight management, herbal medicine, stress management and acupuncture. These interventions help to optimize the health of both parents, increase the likelihood of conception and of having a healthy pregnancy. Individuals and couples working on fertility issues will receive individualized care plans based on their unique states of health and concerns.

Birth Doula Services – the unconditionally supportive presence of a Doula is known to decrease fear and anxiety around birth, decrease the incidence of complications during labour and increase a mother's satisfaction with her birth experience. When acting as a Doula, your Naturopathic Doctor will be on-call from two weeks prior to your expected delivery date until the birth takes place. Doula support begins with prenatal care and continues through to your labour for up to 24 hours, including breathing and positional coaching, ensuring you (and your birth partner) are hydrated and nourished, talking through any treatment decisions with you and providing a continuous sense of support. Naturopathic interventions during labour, such as homeopathic medicine, herbs,

acupuncture and acupressure can further support your healthy birth experience.

Fees & Payment Options

Naturopathic care is not covered by OHIP. However, all major health insurance carriers provide coverage options for Naturopathic visits; please check your individual insurance plan details to determine the extent of your coverage. Payment is expected at the time service is rendered. An official receipt will be issued that complies with insurance companies' requirements for reimbursement. Norfolk Wellness accepts cash, cheque, debit, Visa or Mastercard. HST is applicable to all fees.

Fee Schedule

Meet the doctor visit	15 minutes	No charge
Initial visit	75 minutes	\$170
Second visit	45 minutes	\$100
Follow-up visits	30 minutes	\$75
	45 minutes	\$100
	60 minutes	\$125
Acupuncture visit	30 minutes	\$75
Food Allergy follow-up visit	45 minutes	\$100
Brief/acute visit	15 minutes	\$40
Phone/email consult	Per 10 minutes	\$25
Intramuscular injection	10 minutes	\$15
Cosmetic Acupuncture	75 minutes	\$130
Cosmetic Acupuncture Package	Twelve 75 minute visits	\$1430
Birth Doula Package	Two 30 minute prenatal visits, on-call birth attendance & one 60 minute postpartum visit	\$800
Smoking Cessation Program	Initial Visit & six 30 minute follow-up visits	\$575
Healthy & Active Program	Laboratory Testing, Personalized Nutrition Plan, ten 15-minute visits	\$575

Cancellation Policy

If you need to cancel or reschedule an appointment please give us at least 24 hours' notice by calling (519) 827-0040. **Appointments that are cancelled without 24 hours' notice will be charged a cancellation fee equivalent to 50% of the scheduled visit fee.**

Dispensary

We maintain a small dispensary in our clinic that can supply you with some of the Naturopathic medicines that may be prescribed. We carry certain naturopathic medicines to ensure our patients have convenient access to high-quality, appropriately formulated products at a reasonable cost. The supplements, herbs and homeopathic medicines in the dispensary are professional-quality products that are available by recommendation by one of our practitioners. It is always your choice to purchase medicines from our clinic dispensary or another source, such as a health store or pharmacy. Please feel free to discuss any naturopathic medicine substitutions with your Naturopathic Doctor during your visit.

Preparing for Your Initial Visit

Your Naturopathic Doctor will consider many aspects of your health history in detail in order to provide you with high-quality care. Please allow about 30 minutes of uninterrupted, quiet time to complete your Naturopathic Intake Form as thoroughly as possible. To help us provide you with optimal care, please provide your completed Naturopathic Intake Form to Clinic Reception **at least one business day prior to your initial visit** so that a file can be prepared for you and to ensure your initial visit will be as smooth and productive as possible. The Naturopathic Intake Forms (Adult and Pediatric) are available in printed copy from the clinic or in downloadable format at www.guelphnaturopathic.ca under "Patient Information".

Please bring with you to your first appointment:

- a copy of any lab work (e.g. blood work, imaging reports) from the past year
- any medications or supplements that you are currently taking

What to Do When You Arrive

When you arrive at the clinic please check in with Clinic Reception; your Naturopathic Doctor will meet you in the main reception area. At subsequent appointments please make your way to the lower level where you can make yourself comfortable and help yourself to a cup of herbal tea. It is always our aim to be on time with your appointments. If the door to the Naturopathic Clinic is locked when you arrive, please make yourself comfortable in the seating area on the lower level and your Naturopathic Doctor will be with you very shortly.

Your first appointment will last approximately 90 minutes. We will discuss your chief concerns in detail, as well as relevant aspects of your lifestyle and any other issues that may be affecting your health. This in-depth assessment allows your Naturopathic Doctor to develop a thorough understanding of your current state of health and to treat you safely and effectively as a whole person. It is important to understand the progression in

your state of health and key events that have influenced your path in order to identify the root causes of the concerns that are troubling you today and how to treat them. Your Naturopathic Doctor will outline to you how the many tools of Naturopathic Medicine can be used help you reach your goals for healing, recovery and wellness.

Your second visit of 45 minutes will generally take place within one to two weeks of your initial visit. It will consist of a relevant screening physical exam to complete your health assessment in order to provide you with an appropriate diagnosis and safe and effective care. Any relevant health history information that we did not discuss during the first visit will be reviewed at this time. Recommendations for blood work or other lab testing may also be made. At this visit your treatment options will be outlined to you and your treatment plan will begin in more depth.

Most follow-up return visits are 30 minutes in duration and will be used to provide you with ongoing care, to monitor your progress and to address any new concerns that may arise. Longer follow-up visits of 45 or 60 minutes can also be scheduled as required. In the event that you require care for an acute concern (e.g. treatment of a cold or flu; checking a child's ears for infection; blood pressure check, etc.), we will make every effort to accommodate a same-day appointment of 15 to 30 minutes for existing patients.

How to Find Us

Norfolk Chiropractic Wellness Centre is located at 86 Norfolk Street in downtown Guelph. Free parking is available directly in front of the clinic. The Naturopathic Clinic is located on the lower level.

About Your Naturopathic Doctor

Elizabeth Cherevaty ND grew up receiving Naturopathic care as her family's choice for primary health care. Her experiences of finding health and healing through the extraordinary practitioners and unique tools of the Naturopathic profession inspired her to become a Naturopathic Doctor herself, in order to be able to help others in a similar way.

Elizabeth graduated with Distinction from the University of Guelph in 2003, earning an Honours Bachelor of Science degree in Biomedical Toxicology. She worked as a toxicologist with the Canadian Centre for Occupational Health and Safety (CCOHS) and then joined the Natural Health Products Directorate of Health Canada as a Safety



and Efficacy Evaluator. She then went on to fulfill her dream of becoming a Naturopathic Doctor by completing the postgraduate, four-year Doctor of Naturopathic Medicine program at the Canadian College of Naturopathic Medicine (CCNM). During her Naturopathic medical studies, Elizabeth was the recipient of the Advanced Orthomolecular Research Clinical Nutrition Scholarship and two NaturoMedic Bursary Awards. She completed elective rotations in northern India with Child and Family Health International (CFHI) and a clinical externship providing Naturopathic care in rural Kenya with the Foundation for Integrated Medicine in Africa (FIMAfrica).

Dr. Liz has undertaken additional training and certification in the Bowen Technique with Dr. Manon Bolliger ND, FCAH, Mind-Body Medicine with Dr. Paul Epstein ND, and Hahnemannian Homeopathy with Dr. Joe Kellerstein DC, ND and Dr. Andre Saine ND, FCAH. She completed certification in Reiki in Rishikesh, India. Dr. Liz is also a certified practitioner of Facial Rejuvenation Acupuncture, a specialized acupuncture treatment that provides restorative, anti-aging and cosmetic benefits for women and men.

Dr. Liz is an advocate for patient education and empowerment in health care. Her health articles have been featured in publications such as *Integrated Healthcare Practitioners*, *Viva*, *Integrated Health Retailer* and *SpaLife Magazine*. She is a regular health and wellness media guest and has appeared on Rogers Television's *Inside Guelph* and CFRB AM 1010 Radio. Dr. Liz frequently provides educational seminars to patients and community groups on a range of natural health topics. Elizabeth Cherevaty ND received the Guelph Tribune 2011 Reader's Choice Award for Best Naturopath.

Dr. Liz is licensed and registered to practice Naturopathic Medicine with the Board of Directors of Drugless Therapy-Naturopathy (BDDT-N). She is a professional member of the Ontario Association of Naturopathic Doctors (OAND), the Pediatric Association of Naturopathic Physicians (PedANP) and serves as an Executive Board Member of the Association of Perinatal Naturopathic Doctors (APND). Dr. Liz devotes a significant portion of her family practice to the Naturopathic care of women in the childbearing years, children and infants. She completed Naturopathic Doula training with the APND in 2011 and is pleased to provide Birth Doula services for women in Guelph and surrounding communities. She encourages her patients to benefit from a multi-disciplinary health care team and collaboratively refers patients to other health care practitioners when needed.

When away from the clinic, Elizabeth enjoys yoga, running, skiing, gardening and being in nature. She is passionate about local and organic food, original music and international travel.