the Center

Natural Health Specialists

Feel Great. Live With Ease. Be Happy.

Welcome to The Center: Natural Health Specialists!

The following information outlines everything we will need to maximize our time together.

Though your appointment may not be for months, please review this information now. Some of the information we request may take some time to gather or access from your other providers.

We look forward to partnering with you on your journey to feel great, live with ease and be happy.

Your journey starts here.

Our Primary Goal

During our time together, you will receive the most comprehensive holistic care available. It is our primary goal to detect and address the underlying root causes for imbalances in the mind and body which manifest as ailments and compromises your longevity and vitality. We successfully achieve this by blending the best of Eastern and Western Functional Medicine to create an individualized treatment plan to address your specific needs.

This fusion of Western biochemistry and Eastern energetics offers natural solutions for even the most complex ailments. Our unique methods provide answers and hope to those who have fallen through the cracks of all other types of healthcare.

It is our goal to support you in healing, not just masking or managing your symptoms. It is our goal to maximize your current and future health by identifying and addressing imbalances even before these manifest as disease. It is also our goal to provide you with an awareness of your mind and body and the specific action steps to help you maintain your optimal health.

Together, we will accomplish all this in a way that is empowering, easy, and even fun.

Let's go!

One Important Request…

Before we get started, we have one very important request.

Most of our new clients waited several months to be seen in our clinic. We assume you have as well, and we thank you for your patience.

Because we have a long list of future new clients who are waiting to begin their treatments, if for any reason you are unable to keep your scheduled initial appointment or any subsequent office visit, ***please*** let us know as possible.

There is too much suffering in the world and with advanced notice of any required appointment change, we are able to use this time to help someone else in need.

Preparing for Our Time Together

It is our goal to provide you with the best comprehensive holistic medicine possible. The first critical step in this process is to learn all about you. Holistic medicine recognizes that you are in fact, a whole person. Conventional care is much more concerned with symptomatic disease management. There is little space in our modern healthcare for you to truly be seen and really understood.

According to the National Institute of Health, "The median [primary care] visit length was 15.7 minutes covering a median of six topics. About 5 minutes were spent on the longest topic whereas the remaining topics each received 1.1 minutes."

We will be approaching your healthcare quite differently.

Your initial appointment will be a 2-hour consultation. This time is dedicated to really learning about you and understanding your current state of health. We will explore why you are experiencing any given symptom and how to best support you in achieving your health care goals.

To make the most of our time together, we request you supply us with the following information at least one week before your initial appointment. The sooner the better. Receiving the requested information in advance will allow us time to review it all and make our own preparations to maximize our time together and expedite your healing process.

The requested information includes the following:

1. **Initial Holistic Health Assessment Intake Form (Attached)**
   This offers us valuable insight into your healthcare goals and current state of health. We know this is a little lengthy… we believe in being thorough.

2. **Medication and Supplements Form (Attached)**
   Please provide us with a list of all the mediations and supplements you are currently taking, how long and the reason for use. If you are currently taking any supplements, we request you bring these with you to your initial appointment for review. Supplements are not regulated and as a result, some are high quality while others are total garbage. Let's review your supplements to determine how well they are serving you.

3. **Daily Diet & Symptoms Log (Attached)**
   For at least one week (longer is preferred) please keep a written record of everything you are eating and drinking. No judgement here, we just need to be aware of your general diet and habits. Please also make note of any symptoms you may experience.

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4. **Notice of Privacy Practices Information (Attached)**
   A long and very exciting legal requirement essentially saying we will maintain the confidentiality of your health information.

5. **Acknowledgement of Notice of Privacy Practices Information (Attached)**
   A written document acknowledging you have received the long and very exciting Notice of Privacy Practice Information.

6. **Informed Consent (Attached)**
   Written consent that you understand and agree with our policies and to proceed with care from our office.

7. **Map to The Center (Attached)**
   We always encourage new clients to bring this map with them when they come. For most, this map makes finding us easy and simple. GPS is not always accurate in our office complex.

8. **Request for past medical records and blood chemistry**
   Please review this information now. It may take some time to acquire this health information and/or order these for you. We would love the opportunity to review past blood chemistry and medical records prior to your visit. Once we receive and review these records, we may request you receive updated and more complete labs.

   Please see additional information on this important topic on the following page.

9. **New Patient Check List (Attached)**
   A final review to make sure we have everything we need to jump right in to help you feel great, live with ease, and be happy.

Each form is available in a fillable Word document and PDF form.
You can complete these forms electronically or print them and complete with a pen.

Once the forms are completed, please send them to us at least one week prior to your appointment. We can receive these forms in all the following ways:

1) Email to info@thecenternhs.com
2) Fax to (919) 848-0211
3) Send to The Center: Natural Health Specialists, 8404 Six Forks Road, Suite 201, Raleigh, NC 27615
4) Drop off at our office at the same address.

Past Medical Records and Blood Chemistry

To offer you the most comprehensive holistic care, we will review your health through Eastern, Western, and Functional medical perspectives. Lab work and blood chemistry can offer valuable insights into your current state of health. In addition, blood work can be a valuable tool in understanding possible imbalances before these manifest as future ailments and pathologies.

Conventional medicine is mostly focused on treating ailments. Managing sickness is very different than guiding and supporting you in becoming and staying healthy. As a result, most of our clients have received very minimal blood tests in the past from their medical providers.

We would like to review your past lab work prior to your appointment, especially those from the past two years. Please send us any past blood chemistry as soon as you can. We will review and let you know if the labs you currently have are sufficient or if important blood chemistry values have been omitted. Depending on how recent and how complete your labs are, we may recommend additional blood work is done. If this is the case, we will connect with you to review the different options available for fulfilling more complete and/or updated blood chemistry.

We can receive your past blood work in several different ways.

1. If you have an online portal with your current medical provider, you can provide us with the portal web address, username and login information. This option is probably the easiest and most efficient. This option allows us to review not only blood work, but also any posted medical records, health history and medications.

2. If you have copies of your blood work, you may either:
    1) Email to info@thecenternhs.com
    2) Fax to (919) 848-0211
    3) Send to The Center: Natural Health Specialists, 8404 Six Forks Road, Suite 201, Raleigh, NC 27615
    4) Drop them off at our office at the same address

3. Request your current provider send us your blood work. Attached is a form authorizing and requesting your provider send us your records. HOWEVER, we find this option is typically ineffective. In our experience, 80% of medical offices simply do not comply with this request.

The following Blood Chemistry Flow Chart will guide you in providing us with your past blood work and assessing if new labs are suggested.

Blood Chemistry Flow Chart

New Patient Check List

- ☐ Initial Holistic Health Assessment Intake Form
- ☐ Medication and Supplements Form
- ☐ Daily Diet & Symptoms Log
- ☐ Recent Blood Chemistry is sent
  - ☐ You have provided us the website address, username and password to your online health portal (Preferred option).
  - ☐ You have sent the information yourself.
  - ☐ You have authorized your current provider to send us your past medical records and blood work (Not recommended).
- ☐ Notice of Privacy Practices Information
- ☐ Acknowledgement of Notice of Privacy Practices Information
- ☐ Informed Consent
- ☐ Map
- ☐ New Patient Check List

Questions?

If you have any questions at all, please reach out and we will be happy to help you with anything you need.
Give us a call (919) 848-0200.

See you soon!