



Dr. Allison Becker

NATUROPATHIC MEDICINE
& ACUPUNCTURE

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Dear Patient,

Welcome to Dr. Allison Becker's clinic. Your journey with naturopathic medicine is bound to be a very different experience in health care. You have chosen to take an active role in your body's health. Together, we are about to begin an entirely new type of doctor-patient relationship encompassing a new way of thinking about health.

You are much more than your illness or disease. You are a unique individual with physical, emotional, mental, and spiritual aspects. Holistic care involves looking at and caring for you in a 'whole' way. From the moment you walk into the clinic, you will notice something quite revolutionary is happening inside this place. Here's a peek:

- * Prior to your appointment, complete your new patient paperwork. It would also be helpful to bring the results of any previous lab work and list of medications (including dosages) with you to your first visit.
- * Your initial visit with Dr. Becker will last approximately 90 minutes. This provides ample time for the doctor to address your primary complaint by getting a holistic view of your body systems and treating the root causes of illness.
- * Dr. Becker may order lab tests, which you may or may not be familiar with. Lab testing might be done at the hospital, at home, or with your regular doctor. To save in lab fees, medical records releases can be sent for previous lab work or information from other doctor visits.
- * The least invasive methods will be used first, reserving the therapies with possible side-effects for later, if at all necessary. Naturopathic doctors are the most highly trained doctors in herb-drug interactions to ensure the safety of our therapy recommendations.
- * Your visit may include acupuncture, herbal medicine and supplements, diet recommendations, as well as lifestyle counseling, specific exercise plans, and stress management techniques. You will leave with a customized, therapeutic plan from Dr. Becker.
- * You will be encouraged to be an active participant in your health care. You will learn what you can do to get healthy, and stay healthy. In our experience, we see surgeries avoided, medication requirements minimized, more vitality, more health, more quality of life.
- * Ask questions. We want you to understand what's going on in your body/mind and what you can do about it.

Please familiarize yourself with our clinic procedures and policies. They are included in your new patient paperwork. It's important to us that there are no surprises as we move forward in our work together.

Remember to bring your completed new patient paperwork and past lab results, if available, with you to your first visit. We look forward to meeting you!

Sincerely,

Allison Becker, ND, LAc