



Dear Patient,

Welcome to **Quest Clinic**. We shall be grateful if you will read the enclosed information carefully.

In order to provide you with the best care possible on your first visit with us, we request the following:

- 1) Please fill out the **Intake Form** and **Diet Diary Form** (attached). Please do not make changes to your diet before you see us. Record what you eat for 4-7 days anytime prior to your first visit. There is a space on the **Diet Diary Form** to record any feelings (physical discomfort, mood changes, lethargy, etc.) that may occur.
- 2) Please note on the intake form any **pharmaceutical medications** you may be taking as well as **natural medicines/alternatives**. If you can bring these to your first visit it would be greatly appreciated.
- 3) If you are able to compile diagnostic test results from your medical doctors, please do so. If you are unable to, it may be necessary at your first visit to sign a release of information form to send to your MD.
- 4) Please notify us **prior** to your visit if you have a known **nut allergy** or any **other severe allergy**.
- 5) Please enclose a **small photo** of yourself with your intake form.
- 6) Please refrain from wearing perfume or other highly scented toiletry.

What happens during your first visit?

Your first visit is an extensive 1.5-hour interview. At this time Dr. Ormerod will take a history of the patient-medically, physically, mentally, emotionally, etc. There may also be some physical examination. After your first visit with Dr. Ormerod, referral may be made for nutritional consultation, or specialized treatment with classical homeopathy with one of the clinic's associates. In order to treat you best, we at Quest Clinic work as a team. Our team consists of Dr. Lucy Ormerod, Naturopathic Doctor, Lois Thompson, nutritional counselor, and David Nortman, Naturopathic Doctor, specializing in homeopathy. After your initial treatment, Dr. Ormerod will work with her team to treat you best!

What does treatment entail?

Treatment may include any, or a combination of the following: Botanical medicines, homeopathic remedies, acupuncture, Bowen therapy, advice regarding lifestyle changes and mind-body medicine techniques, hormone testing, food testing, nutritional counseling, and nutraceutical recommendations.

Location:

We are located at 591 28th St. West, in the West Hill Centre strip mall, 3 doors east of Wrapper Jack's restaurant.

Note: It is our recommendation to bring a file or binder to keep handouts organized.

Looking forward to meeting you,

Dr. Lucy Ormerod, N.D.

**“Wherever the art of medicine is loved, there is also a love of humanity”
Hippocrates**