

## Welcome to our naturopathic medical clinic!

Thank you for booking your first appointment. Below you'll find information about our clinic and philosophy.

Prior to your first appointment, please be sure to download and complete the intake form from our website and bring it with you to your first appointment.

### What to Expect

At your initial appointment a detailed intake of your health history will be conducted. If you have never seen a Naturopathic doctor before, you might be surprised at the length our appointments. A major focus of Naturopathic Medicine is to get to know you as an individual and to fully understand your particular health concerns. Therefore, we take the time to listen to you and to provide you with the quality of treatment you deserve.

### Location

We are located at 32 Park Road, which is one block north of Bloor Street and one block east of Yonge Street (behind the Hudson Bay Centre). Dr. Guthrie's office is in the START Clinic at the corner of Park Road and Collier Street.

By TTC, it's a 3-5 minute walk from the Yonge-Bloor subway station. Exit the station in the direction of the "Bloor Street North Side", then follow the sign pointing to Park Road and walk through the underground shopping plaza until you reach the end where you will find the outside doors onto Park Road. Turn left onto Park Road and from here, the clinic is just steps away at the corner of Collier Street.

If you're driving, parking lots are available at the Bay and Canadian Tire. Metered parking (\$1.50 per hour) is available on Rosedale Valley Road, just west of Park Road (a 3-5 minute walk from our clinic).

### Fee Schedule

As payment methods, we accept cash, debit or credit cards. The first visit is one hour long, at a cost of \$175. Your second visit is also one hour long, at a cost of \$175 and subsequent visits are one hour or 30 minutes at a cost of \$175 or \$87.50 respectively.

Please be advised that Naturopathic Medicine and Psychotherapy are not covered by OHIP, but are covered by most extended health care plans (e.g. Manulife, Liberty Health, Great West Life). Please contact your employer or insurance provider to determine or extend the extent of your coverage, and we will be happy to print you an invoice to submit to them.

### Appointment Booking

We are happy to try our best to fit your appointment times into your busy schedule. However, please note that our clinic has a 24-hour cancellation policy. Should you need to change your appointment, please let us know 24 hours ahead of your scheduled time to avoid a cancellation fee.

### Clinic Dispensary

For your convenience, we offer a dispensary service to our patients to purchase select natural medicines that we prescribe. We carry products that are fully supported by clinical research and that are of the highest quality. You are welcome to purchase these products at retail stores, but please be aware that we do suggest particular professional brands and potency for optimum results.

## **What is Naturopathic Medicine?**

Naturopathic Medicine is a health care system that blends modern scientific knowledge with traditional forms of medicine. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies including herbal medicine, clinical nutrition, acupuncture and lifestyle counseling.

A Naturopathic doctor seeks to restore and maintain optimum health in their patients by emphasizing nature's inherent self-healing process. A Naturopathic doctor views the individual as an integral whole including the physiological, structural, psychological, social, spiritual, environment and lifestyle factors affecting health. Naturopathic medical treatments are always chosen based on the individual patient, not solely based on what disease they may have.

Naturopathic doctors can also complement treatments provided by other health care professionals. We cooperate with other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate.

## **What can Naturopathic Medicine do for you?**

Naturopathic medicine treats all forms of health concerns -- from pediatric to geriatric, from irritating symptoms to chronic illness and from the physical to the psychological.

There are typically three types of patients that seek naturopathic medical care:

1. Patients who are looking for disease prevention and health promotion strategies.
2. Patients who have a range of symptoms that they have been unable to address on their own or with the help of other medical practitioners. With Naturopathic medicine's broad understanding of health, Naturopathic doctors are often able to offer patients a new perspective and provide safe and effective ways to restore health.
3. Patients who have been diagnosed with an illness and are looking for complimentary treatments to use alongside conventional treatments. Naturopathic medicine is very effective in improving quality of life for those with serious and/or chronic illnesses.

## **What types of Treatment does Dr. Guthrie use?**

### ***Psychotherapy***

Dr. Guthrie has additional training in psychotherapy and is licensed as a Registered Psychotherapist. Psychotherapy is an effective and empowering way to reduce the suffering associated with stress, anxiety and depression. Dr. Guthrie uses psychotherapy to help you build self-awareness, increase resiliency to stress and change negative thinking patterns. In addition to treating stress and mental/emotional concerns, psychotherapy is also used to help people deal with chronic illness. For more information about psychotherapy, please see "Cognitive Behavioural Therapy" below.

### ***Clinical Nutrition***

Naturopathic doctors are trained to understand the impact that your diet is having on your health. With appropriate dietary modification and nutritional supplements health concerns can be treated with fewer complications and side effects.

### ***Botanical Medicine***

Naturopathic doctors are currently the only health care providers in Canada licensed for using botanical (herbal) medicine. Medicinal plants and plant substances are effective and safe when used at appropriate doses and in specific circumstances.

### ***Lifestyle Counselling***

Addressing all aspects of a person's life, including the impact that stress and life events have on a patient's health is an important aspect of naturopathic treatment. Naturopathic doctors are trained to counsel on diet, lifestyle, specific stressors, exercise, sleep and occupational or environmental hazards.

### ***Traditional Chinese Medicine / Acupuncture***

A Naturopathic doctor will use acupuncture and medicinal herbs to assist the body in regulating its function and achieving balance.

### ***Cognitive Behavioural Therapy (CBT)***

Cognitive behavior therapy (CBT) is a form of psychotherapy that is particularly effective in treating stress, anxiety and depression. Research also shows that people experiencing anxiety and depression are less likely to relapse when treated with CBT, meaning that it's a good preventative treatment to help people stay well. Rather than simply talk about your problems, Dr. Guthrie will listen, reflect and then help you implement solutions to problems or to make changes in your thinking patterns and actions. In addition, patients learn specific skills that they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying underlying beliefs, relating to others in different ways, and changing behaviours.

In addition to helping emotional problems, CBT can also be used to help you achieve your health goals. Many of us have ideas about how to be healthier, but have trouble implementing these ideas, such as: increasing exercise, decreasing bad habits, learning new interpersonal skills, improving management skills, prioritizing nutrition, and getting more sleep. Dr. Guthrie can help you develop a goal list and decide which goals to start working towards and how to reach them.

If you have any questions, please do not hesitate to contact us at the office. We sincerely look forward to meeting you!

Dr. Amanda Guthrie  
Naturopathic Doctor Reg #1509  
Registered Psychotherapist Reg #2472