

*Joan L. Goodman, CTN., M.H.
Certified Traditional Naturopath
1950 Eldridge Parkway, Suite 5101
Houston, Texas 77077*

Patient Instructions and Guidelines

- *Please fill out this form with the most accurate detail you can – take your time! Return the questionnaire when you come in for your consultation.*
- *Please bring all your medications and supplements in a bag for testing. Do not touch or take these supplements the day of your appointment – other than taking any required medications.*
- *Please **avoid all caffeine products** the day of your appointment.*
- *Please **eat your regular meals before your appointment.***
- *If you are considering having a Hair Analysis – do not wash you hair on the day of your appointment.*

Blood work & Lab Tests

If you have had lab tests or blood work in the last six months, please send or bring a copy to our office. Blood work is not necessary, but if it is available it will be used as a tool with our testing.

What kind of treatments will be done?

*Naturopaths use only nature's healing methods, which include supplements, nutritional guidance, herbal supplements, homeopathic remedies, topical treatments such as heat and ice, massage, hydrotherapy and other natural modalities. Hair Analysis and Saliva Testing are wonderful tools that can give you a wealth of information about your body. Additionally, I personally test every supplement and remedy using the EAV equipment to insure that nothing is counterproductive or stressful to your body for any reason. **Once your body is understood, I will guide you and give you tools while it heals itself.** This really happens and is your divine gift. The human body is truly amazing and is designed to heal when given the proper tools. **During this process we will have teamwork. Your participation is required –both in self education and working with specific health protocols designed for your healthy living.***

How long will it take to see differences?

*No two individuals will ever be the same – we are each created differently! Many see changes within the first few days, some within the first weeks and months. **You will be making changes in your lifestyle that will continue forever.** These changes will be simple and you will be amazed at the benefits! Problems that have been with you for a very long time will be the last to be resolved. I will work with your entire being – body, mind and spirit.*

Thank you for caring about your personal wellness. I look forward to working with you.

Joan Goodman, Naturopath

New Patient Profile

Today's date: _____

Name: _____ Gender: _____
First Middle Last

Birth Date: ____/____/____ Current Age: _____ Height: _____ Weight: _____

Birthplace: _____ Birth Time: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Phone: Home: _____ Ok to leave message? _____

Work: _____ Ok to leave message? _____

Cell: _____ Ok to leave message? _____

Email: _____

Name of Parents (if patient is a minor): _____

Occupation: _____ Employer: _____

Marital Status: _____ Children: _____

Emergency Contacts:

#1 Name: _____ Relationship: _____

Home Phone: _____

Business Phone: _____

#2 Name: _____ Relationship: _____

Home Phone: _____

Business Phone: _____

Health Information

Present Health Concerns: Please list your most important health concerns, in order of importance to you. (#1 being the most important and #5 the least important).

1) _____

2) _____

3) _____

4) _____

5) _____

Your Goals for the first visit:

1) _____

2) _____

3) _____

4) _____

5) _____

Family history of ailments and health issues:

<i>Who:</i>	<i>Details:</i>

Exercise: Do you exercise regularly? What do you do? If NO, what keeps you from exercising?

Habits and Lifestyle: Please circle which of the following you use:

- | | | |
|--------------------|--------------------|--------------------|
| Tobacco/Cigarettes | Cola/Soda | Prescription Drugs |
| Alcohol | Caffeine Drinks | Other: |
| Coffee | Recreational Drugs | _____ |

Your faith: _____

Do you follow any type of diet (i.e. vegan, vegetarian, kosher...)? If so, what?

Office Policies:

- * Joan Goodman, CTN, MH is a consulting practitioner in complementary health and wellness.
- * Joan Goodman, CTN, MH requests that you maintain your primary care physician in case of emergencies or times of true medical needs.
- * Payment is due at time of visit.
- * Joan Goodman, CTN, MH does not overbook and your time is especially reserved for you. I require 24 hours advance notice to cancel.
- * Cancellations made with less than 24 hours notice will be charged \$100 for the missed appointment.
- * Insurances - in general - do not honor Naturopathic Services.

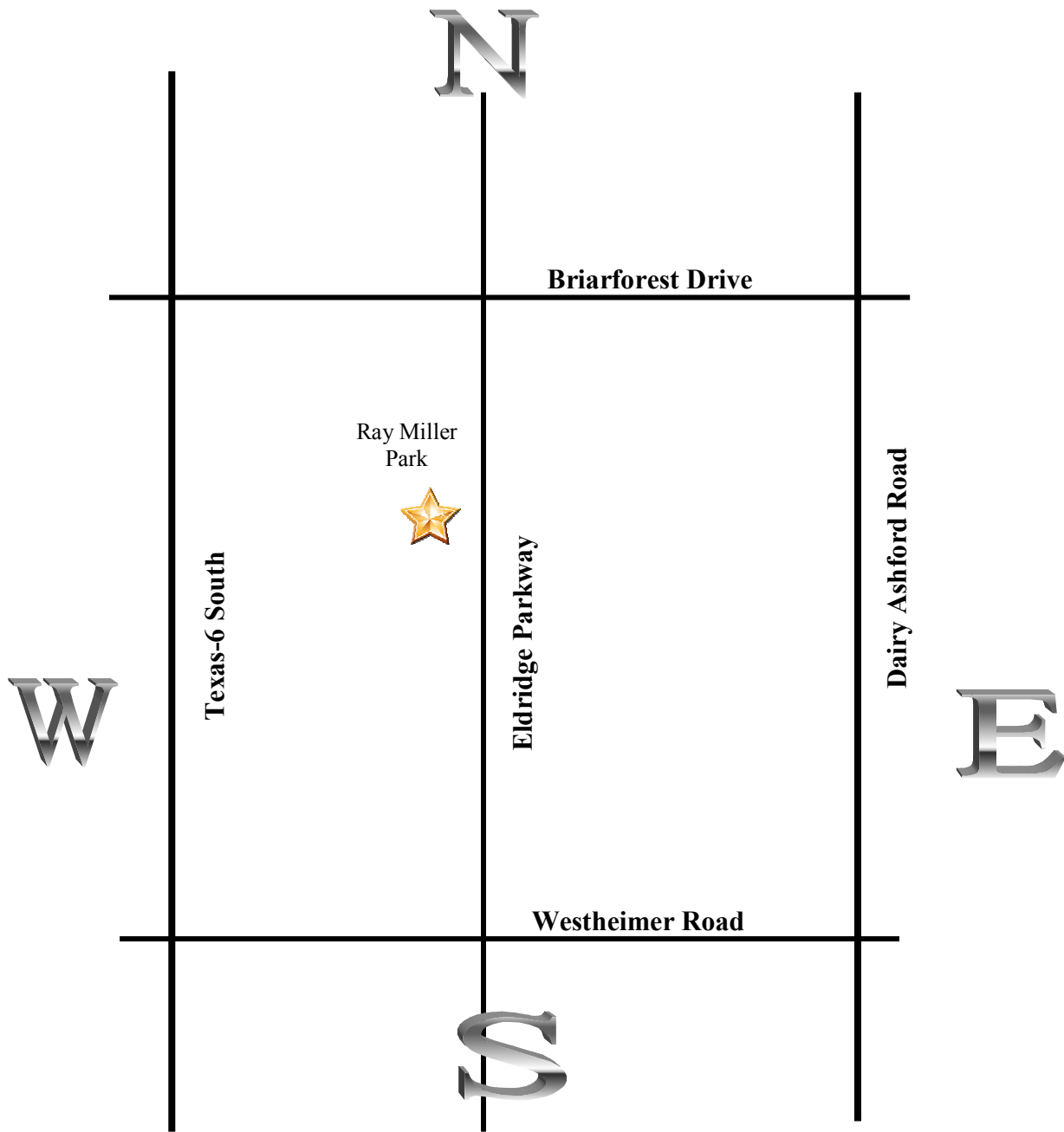
Complementary means "that which fills up or completes, it is that which is added to make a whole." (Webster's) The Naturopathic Doctors, practitioners, and therapist involved are not making any medical diagnosis or medical claim. Our program is a complementary educational program for wellness that is intended to help you partner with your physician in the care and well-being of your own body. When in doubt, always consult your primary care medical physician.

I have read and understand the office policies above.

Name: _____ **Date:** _____

Your signature is required for us to proceed with your workup.

Please let me know who referred you or how you found us: _____



From the Galleria area: Travel west on Westheimer past the Sam Houston Tollway to Eldridge Parkway. Turn right on Eldridge Parkway. Chandler Park will be on the left.

From Downtown Houston: Travel west on I-10 to Eldridge Parkway. Exit left onto Eldridge. Stay on Eldridge, passing Briarforest. Chandler Park will be on the right.

From Katy: Travel east on I-10 to Eldridge Parkway. Exit south on Eldridge. Stay on Eldridge, passing Briarforest and Chandler Park will be on the right.

**1950 Eldridge Parkway, Suite 5101 Houston, Texas 77077
281-493-9473 by appointment only**

**Please enter in the left gate — Gate Code is : 0117
Park anywhere just inside the gate as my patio faces the gate (corner unit)**