

The purpose of the treatment plan is to summarize the approach to your care and provide a record of what you'll be doing in the weeks between visits.

### FOLLOWING YOUR TREATMENT PLAN

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You may have been introduced to many new terms and ideas at your first visit! The treatment plan serves as a good reminder as to why you are taking each suggested supplement/therapy and how to use it appropriately.

#### **Supplements and Prescriptions**

This section will list the dispensary products supplied by us. You'll find the name, dose and how long Dr. Gaul has recommended that you use it for each product. [Handouts for each standard supplement are available for further information](#), so if you have additional questions- feel free to ask us! Custom products have a description noted in parentheses for your reference.

If you have questions about how to take the different types of natural remedies, refer to our handy "How to Use Your Natural Health Care Products".

#### **Lifestyle Recommendations**

This section will list various types of hygiene measures that we may have discussed. This will include recommendations for sleep, exercise, meditation techniques or other lifestyle interventions.

#### **Diet Recommendations**

This section will list a diet strategy to use during your treatment period. We may have you avoid or emphasize certain foods, change the focus of the diet, or keep detailed track of diet and symptoms.

#### **Other Recommendations**

In this section will be recommended laboratory test information, referrals to other practitioners, books to read or resources to consult.

#### **Phased Plans**

The recommended time between visits is about 6-8 weeks (constituting One Phase). In some instances, the complaint will be addressed and we won't expect you back so soon! In other instances, we may have created a One-Phase to Five-Phase plan. Natural medicines can take time to work, mainly because the intention of a natural product is usually to support a normalization of body function as opposed to the more drug-oriented approach that seeks to strongly suppress a symptom. This is the difference between treating the cause and suppressing the healing response. Usually we use the yardstick of months of repair to years of complaint. For example, if you have experienced a complaint for 3 years, we would expect it would take 3 months to remedy it. There are, of course, exceptions to this estimate, both shorter and longer!

Follow up visits are generally a half hour. During the follow up, we will reassess your main complaints and make modifications to your Phase plan as necessary, focusing on ensuring that you're making headway.

Should there be a change in your health for any reason — accident, sudden acute illness, etc., please let us know. Sometimes these changes may warrant a change in the original plan, or we may want to support the new issues while continuing to address the earlier ones.

#### **Continuing Naturopathic Care – Other Types of Visits**

There are several visit types that we can utilize in your treatment plan and in your ongoing care. On page 2 of this handout, we have a summary of appointment types you can refer to in order to ensure that the health assistants are booking you in for the right amount of time for the right type of appointment. Don't see what you need? Let us know and we'll help you book.

*Nice to have met you! You've taken the first step to being healthier! Thank you for choosing Resonance Wellness to help you on your journey. We'll see you again soon!*



## Appointment Types & Times

<b>Return office calls</b>	Typical return visits are 30 minutes long and they are used to evaluate how your health plan is working for you and make any needed changes.
<b>Extended Visit</b>	We use an extended visit if we need more time to evaluate a problem or if it has been more than 18 months since your last visit. Extended office visits are 45 minutes long. If you feel you need extra time, please let the staff know!
<b>Brief visits</b>	Brief visits are used for a 15 minute follow up, usually to an acute complaint such as colds and flu or a quick remedy check.
<b>Phone Consult</b>	We offer phone consults if you live out of town, are unable to come in or need a specific time to have a phone conversation. We suggest booking a phone consult if you would prefer to speak to the doctor directly and can't wait several days for a reply.
<b>Intramuscular Vitamin Visits</b>	If Dr. Gaul has recommended intramuscular vitamin injections, you'll come back for an IM visit, which is 5-10 minutes long. At this visit we'll just do the injection and you'll be on your way!
<b>Well-Child Visits</b>	This type of office visit is done at regular intervals to monitor the health of children (2,4,6,9,12,15,18 and 24 months) and also to give parents the support they need when they have made the commitment to a natural lifestyle. We do the standard physical checks and cover topics relevant to each age group.
<b>Neural Therapy Visit</b>	A neural therapy visit is 45 minutes long. Neural therapy is used as treatment for both acute and chronic pain and or problems with scars or injury sites. See our brochure for more information.
<b>BioAcoustics</b>	A BioAcoustic visit is 45 minutes long. You provide us with a voice sample and we will run a nutrition profile, test a sampling of balancing sounds, and run a sound and light treatment. See the brochure for more information.
<b>Metabolic Typing</b>	Metabolic Typing is a 30 minute appointment. Metabolic Typing is a method of designing a custom diet where healing and symptom relief are needed or if you just want to see what your ideal diet is! A Metabolic Preparation Sheet and the return of the MT Questionnaire will be required prior to your scheduled appointment. The testing will require a urine sample to be given when you arrive, so come with a full bladder!
<b>Aura Soma</b>	This appointment is booked as an extended visit for 45 minutes. Aura Soma is a unique colour therapy. Please come 15 minutes before your scheduled appointment to allow enough time to choose your favorite Aura Soma bottles.
<b>GUNA Injury/Cosmetic Treatments</b>	GUNA treatments sessions are 15 minutes long. GUNA treatments are used to improve the cosmetic appearance of facial and body skin by stimulating self-repair within the skin structure.

Consult the most recent Fee Schedule to see the fees for each appointment.