



Welcome!

Thank you for booking your first appointment with the naturopaths at Shifra Centre for Wellness. Enclosed, you will find several tools that will help guide your naturopathic treatment. Please fill out the Health Assessment Questionnaire and Diet Diary, and bring in the completed forms to your first appointment. As well, please bring in any medications or supplements that you are currently taking.

Your initial visit will be approximately one hour in length. During this appointment, you can expect a full intake of your current health and health history, as well as a complaint-oriented physical examination. Your follow-up appointments will be approximately 30 to 45 minutes long. Enclosed is our fee schedule - accepted payment methods include cash, cheque or visa/mc.

It is important to realize that it takes time to feel better when using naturopathic medicine. We usually tell patients to expect to visit us at least four (4) times and to wait approximately two (2) months before significant changes are noticed. Some patients of naturopathic medicine see changes within the first month of treatment; however this will vary due to the individualized nature of health.

Please note that our clinic is a smoke-free and scent-free environment. Please refrain from wearing perfume or cologne to your appointment.

Please arrive approximately 10 minutes before your first appointment. We look forward to seeing you.

In health,

Dr. Carrie Mitchell & Dr. Andrea Clarke