

## Welcome to Health Flow Naturopathic Solutions

*"Those who flow as life flows know they need no other force" – The Way of Life, LaoTzu, 604 BC*

Achieving your health goals is often not an easy task. Making small changes in key areas of your lifestyle, however, can unlock the door to allow your body's healing potential to flow freely, relieving your pain and ailments. Whether you are already leading a healthy lifestyle, looking to change your perspective on health, or you suffer from chronic pain or disease, I am excited to work with you in achieving your health goals.

My medical philosophy encompasses the integration of both science and art of practice, evidence based and empirical wisdom. As a naturopathic doctor, I am trained to use information from many perspectives on health, and integrate them into a system that is appropriate for you. This means that you are getting truly individualized treatment specific to supporting your needs and goals through multiple therapies. The culmination of thousands of years of traditional healing techniques and perspectives, with modern day evidence-based medicine and my clinical experience go into the time and energy I put into your care.

Visiting me will likely be different from your experiences with other medical practitioners. You can expect to spend more time with me than a conventional medical doctor, for instance. You will be exposed to various new methods of treatment, and I hope you will come to participate in the decision making process regarding your treatment plans with lots of questions about all aspects of your health. I consider it a personal goal to bring out the passion inside of you and show you just how much control you truly have over your health and lifestyle.

As we begin this partnership, it is very important that you understand the information included in this package and in turn, provide me with the information that will allow me to assist you – please take your time in reading and completing this intake package. Please contact me if you have any difficulties or questions! I look forward to setting out on this exciting journey with you...

Yours in Health,



Derek Cook, HBSc., ND

### Quick Checklist before coming to your appointment:

Bring in your consent and Intake forms completed to the best of your ability. Completing the consent and intake forms is vital in commencing treatment. They are thorough and will take you approximately 45 minutes to complete.

Bring current medications, supplements and lab tests from within the last year. It is important that we have this information so that we can avoid adverse reactions when treating and have a good understanding of your conditions.

Avoid eating or drinking 2 hours prior to the visit, water is fine. If you have had anything to eat or drink before coming, please let me know during your visit as this may affect the results of the examinations. Take current prescription medications as usual. However, do not take supplements and/or homeopathic remedies the day of your appointment.

You will be charged if a minimum 24 hours notice cancellation is not given. This time has been reserved for you. Please notify us as soon as possible.