



Welcome to Cutler Integrative Medicine!

And thank you for choosing the integrative clinic of Doug Cutler, ND and entrusting us with your healthcare.

In making your appointment, you have demonstrated that you are intent and are willing to make the essential shifts in your life that are necessary to experience optimal health.

The following information will help familiarize you with my practice and prepare you for your upcoming appointment. Please review the following information carefully and if you have any questions, please call.

What to Expect:

Cutler Integrative Medicine is dedicated to being a premier Integrative clinic and to provide our patients with unparalleled individualized Naturopathic healthcare, education and support in their progression toward enhanced health of body, mind and spirit.

Dr. Cutler's expertise is in discovering the root cause of illness while not only treating the symptoms - which are often the combination of factors; such as nutritional or biochemical dysfunctions, life style, genetics, environmental toxins, as well as the mind, emotions, and beliefs.

The primary goal of a Naturopathic Doctor is to understand all aspects of a patient's life (***physical, emotional, social, mental, environmental and spiritual***) and address all factors which may be impacting your overall health by implementing ***The Six Principles of Naturopathic Medicine:***

- **First Do No Harm** (*primum non nocere*)
 - Utilize the most natural, least invasive and least toxic therapies.
- **Discover and Treat the Cause** (*tolle causam*)
 - Symptoms are viewed as expressions of the body's natural attempt to heal.
- **Treat the Whole Person** (*tolle totum*)
 - View the body as an integrated whole in all its physical, emotional and spiritual dimensions.
- **The Healing Power of Nature** (*vis medicatrix nature*)
 - Trust in the body's inherent wisdom to heal itself.
- **Doctor as Teacher** (*docere*)
 - Educate, empower and motivate patients in the steps to achieve and maintain health.

- **Preventive Medicine** (*praevenire*)
 - Focus on overall health, wellness and disease prevention.

The First Visit:

Your initial consultation will last 1 to 1 ½ hours. This allows time for a thorough medical history to be taken and for a detailed investigation of your primary health concerns. Prior to your first visit, it is recommended that you fill out and return **3 days in advance** the ("**Adult Intake**" Form, "**Environmental Exposure**" Form "**Financial and Clinic Policies**" Form and "**Disclosure Statement & Informed Consent**" Form).

It is also recommended to bring a copy of all your laboratory results, imaging and any other type of tests that your family doctor has ordered in the last 6 months.

This will save you time on your first consultation and provide Dr. Cutler the opportunity to evaluate and assess the provided information and offer the most appropriate laboratory options.

First Follow Up Visit:

This visit is usually scheduled 10-14 days (depending on timeframe of the lab results) after the first visit and will last from 15-45 minutes. Usually in this visit (depending on the complexity of the case), we review all labs and an individualized treatment plan will then be proposed and discussed.

Follow Up Visits:

Follow up visits are scheduled according to the treatment plan and health goals of the patient. Your progress will be monitored and further visits may be necessary to map out continued treatment.

Treatment Visits:

These are dependent on the treatment plan and may include (Acupuncture, Colon Hydrotherapy, Constitutional Hydrotherapy, Infared Body Wraps, LENS Neurotherapy, N.A.E.T., TrueRife Technology, and Applied Kinesiology).