



# Nicky Gonis Holistic Health

**Welcome New Patients,**

I am honoured to be a part of your introduction to Naturopathic Medicine and all of its many offerings. You are about to embark on an exciting journey to optimal wellness.

The time of healing and treatment will vary according to many factors such as medications, diet, lifestyle, environment and commitment. Keeping appointment times when recommended by your Naturopath is of utmost importance. Keep in mind cancelled appointments result in prolonged treatment and less than desired outcome results.

There may be times where I recommend that patients see other practitioner's within or outside of the clinic to optimise outcomes of your treatment and we may discuss your case with one another (consent is always asked beforehand).

Missed appointments may incur a fee and please extend the courtesy of giving at least 24 hours' notice to cancel an appointment. Three or more cancelled appointments in a row will result in an upfront payment before the next consultation is attended and is to be made at time of booking, via online or in person. Please ensure you are on time to appointments and allow for 10 – 15 minutes extra time after your consultations to prepare any herbal tinctures, collect supplements and proceed with payments. Payment in full is to be made at the end of the consultation, alternative arrangements are sometimes made, please chat to me with any questions regarding this.

Children (0-16 years old), students, concessions and pensioners will receive a 10% discount on Naturopathic consultations. Herbal Tinctures which are tailor made for each patient and further non Medicare covered testing do not receive any discounts. I often offer discount on supplements when ordered through Vital.ly.

Please bring in or forward to me any recent blood test result and any other relevant information prior to your appointment and anything else you believe is of importance to your consultations, or as requested by me, as this helps to optimise your treatment.

While I prefer that recommended blood tests are performed at your doctor's office due to keeping the costs low, some blood tests are not often comprehensive enough. For more thorough results, tests will be carried out through a pathology lab and the full cost is to be covered by the patient. This is desired as the tests are often specific and thorough and identifies any underlying issues.

It is important to realise that results of natural therapy treatments focus on identifying the cause of a condition and treating the whole person. Progress may be slow, often up to 12 weeks for changes to be noticed. As it may be a slow and gentle process, patience is the key when using integrative medicine. Please contact me if any new medications are prescribed during treatment or anything else is taken other than what you have been prescribed. This is important as some supplements and herbal medicines interact with prescription medications. I am more than happy to communicate with your physician/specialist if required.

Your cooperation is appreciated and I look forward to working with you to achieve your desired outcome.

Regards, Nicky Gonis Holistic Health



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