Have you seen a naturopathic doctor before? How was your experience?

What expectations do you have with seeing a naturopathic doctor?

For the following questions please write on the graph below:

* At what age did you last feel generally healthy? (7-8/10 health)
* At what age did you feel the healthiest? (10/10 health)
* What age/stage of health would like to get back to again?

Birth Today

Which naturopathic modalities are you familiar with? Which are you open to trying?

Familiar with Willing to try

Acupuncture Y N Y N

Homeopathy Y N Y N

Herbs/ Tinctures Y N Y N

Supplements/ Y N Y N

Vitamins

Hydrotherapy Y N Y N

Energy Medicine Y N Y N

(muscle testing,

gemstones, Reiki)

Mind-body medicine Y N Y N

(hypnosis, EFT, NLP)