



Welcome to Dandelion Naturopathic Clinic!

Naturopathic Medicine can provide a wonderful foundation for your health journey.

Where to Go:

Irwin Avenue runs west off Yonge Street, 2 blocks north of Wellesley or 4 short blocks south of Bloor. My office is within Sage Health and Wellness Clinic: 12 Irwin Ave, Suite 200.

What to Expect:

Your initial visit of 1.5 hours is where we get to know each other. It will consist of a consultation, detailed history, and naturopathic assessment, which may include relevant physical exam. Then, I will synthesize your information, do the necessary research, and create a treatment plan to address your primary concerns and improve your overall health.

At your second visit, usually one or two weeks later, we will discuss your individualized treatment plan. Treatment plans may include dietary changes, botanical/herbal medicine, nutrition and supplementation, homeopathy, acupuncture/Traditional Chinese Medicine, counselling BodyTalk, Reiki, and hydrotherapy.

Subsequent follow-up visits are typically every 4 to 6 weeks, and last 30 min to 1 hour depending on your treatment plan. If you are receiving acupuncture as your primary treatment, visits will be more frequent. As you start to experience greater health and wellness, an office visit every three months is recommended to re-evaluate your treatment plan, and for general health maintenance and disease prevention. If ever an acute, non-emergency condition occurs, such as a cold or 'flu, please call the office as naturopathic treatments may be indicated.

Step One:

Please fill out the intake form (attached, or found under "appointments" at www.dandelionnaturopathic.ca) in as much detail as possible. The more I know about you and your health, the more complete the treatment plan can be. Please bring the completed form to your first appointment, along with any recent diagnostic test results and blood work.

I look forward to meeting with you and working with you towards your health-care goals!

In health,

Mahalia Freed, ND

Naturopathic Doctor

Naturopathic Fee Schedule

\$150 per hour (*Plus HST*)

Fees for health services and supplements are due when services are rendered. I respectfully request a minimum of 24 hours notice if you cannot keep an appointment. Otherwise you will be billed for the missed appointment fee. I understand that there are unforeseen events and circumstances and these will of course be taken into consideration. My voicemail is available 24 hours a day to take your messages. There will be a \$20.00 fee for NSF cheques.