



Kasia Hopewell ND
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Dear New Patient,

I am pleased that you have chosen naturopathic care and I am looking forward to your first visit with me at Hopewell Naturopathic Family Medicine. I would like to share with you my commitment to optimize health by finding the root causes of illness and attending to the whole person- mind, body, and spirit- using safe and effective natural therapies.

I have found it extremely helpful to have you prepare some information before your first appointment to ensure that the visit is as thorough as possible. Enclosed is a questionnaire, including a diet diary section. **Please complete the questionnaire and fill out the diet diary for any two days in a row between now and your scheduled visit.** Be sure to allow enough time to fill out the questionnaire; it can take up to two hours to complete.

Thank you for putting your time into this preparation. Please remember to bring it to your appointment and plan to arrive 10 minutes prior to your visit to complete other business paperwork. Payment is required at the time of service by cash, check or credit card, so please plan accordingly.

I look forward to meeting with you.

Sincerely,

Kasia Hopewell, ND