



**11285 Elkins Road Suite J1, Roswell GA 30076 Tel: 770-817-8028**

## **CONSULTATION FORM**

Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Name (if under 18) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Birth date \_\_\_\_\_ Occupation \_\_\_\_\_ Referred by \_\_\_\_\_

List every health problem you currently have in the order of its importance to you:

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What desires do you have with regards to your health & well-being? In other words, what would be your ideal health scene?

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Are you ready to make a change in your lifestyle to reach these desired goals? \_\_\_\_\_

What are your expectations with regards to how naturopathic medicine will work to relieve your conditions and help you toward your ideal scene?

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Please list any major illnesses that any of your family members has a history of:

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## Consultation Symptom Survey

Please put a check mark by any that you've experienced in the last 3 months:

	Never	Occasionally	Often
Lower energy and/or stamina	_____	_____	_____
Loss of flexibility (stiffness or tight muscles)	_____	_____	_____
Don't get a fully sound sleep	_____	_____	_____
Experience nervousness or anxiousness	_____	_____	_____
Experience depression	_____	_____	_____
Loss of luster in hair or nails	_____	_____	_____
Skin dryness, breakouts or rashes	_____	_____	_____
Darkness or bags under the eyes	_____	_____	_____
Irregular, painful or heavier/lighter menstrual periods	_____	_____	_____
Swelling, receding or bleeding gums	_____	_____	_____
Dental decay or dental work	_____	_____	_____
Fungus in nails or periodic yeast infections	_____	_____	_____
Digestion or elimination not quite right (or taking meds for this)	_____	_____	_____
Sinus pressure	_____	_____	_____
Headaches	_____	_____	_____
Weight gain	_____	_____	_____
Water retention/ swelling	_____	_____	_____
Joint irritation	_____	_____	_____



## DISCLAIMER

I, \_\_\_\_\_, understand and acknowledge that:

Debra MacIntyre is a naturopath, licensed in Washington, DC and board certified by the American Naturopathic Medical Association. She does not represent herself as being licensed by the state of Georgia in any branch of the healing arts (The state of Georgia does not license naturopaths). She does not engage in the practice of medicine, and does not recommend or dispense any prescription drugs, or utilize surgery, x-rays, or radiation therapy. She also does not represent herself as a registered dietician. If you are seeking medical services, you are urged to seek them from a qualified medical practitioner.

I further understand and acknowledge that:

Debra MacIntyre provides naturopathic services to private persons by contract. Article 1 of the Constitution of the United States of America guarantees the right to contract. Naturopathic services do not involve any diagnosis or treatment of physical or mental illness. Debra MacIntyre's naturopathic services do not diagnose, treat, prevent or cure any diseases. Naturopathic services strictly involve supporting the healthy function of the body's own systems. Additionally, she provides non-prescription health products for sale to private persons with whom she contracts.

I further understand and acknowledge that:

Many naturopathic techniques come from philosophies that were outgrowths from religious philosophies, such as Traditional Chinese Medicine, which has its roots in Taoism. This naturopathic office utilizes techniques from Traditional Chinese Medicine, German Homeopathic philosophy, and research from L. Ron Hubbard, who is the founder of Scientology®.

My participation in naturopathic healing does not imply any attempt to change my religious beliefs. These naturopathic techniques are not religious in and of themselves.

I have read the above and understand it. I have chosen to have naturopathic services provided to me by Debra MacIntyre and her staff. Further, I understand that naturopathy is a system of healthcare that supports the body's ability to heal and regenerate itself. I understand that Debra MacIntyre has not made any promises regarding a diagnosis, treatment, cure or prevention for any disease.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18, parent or guardian's signature: \_\_\_\_\_

## Consultation Key Word List

During your consultation, you might hear words that you are unfamiliar with. For you to get the most out of your consultation, please review the following explanations:

**Free radical damage-** This is damage that occurs because of exposure to environmental toxins. The easiest way to think of it is as a speeded up aging process. One obvious example is to think of two people age 20 years old. One takes up smoking and the other doesn't. Fast forward to these people in their 40's. Who looks older? The smoker, and this is because of the free radical damage he experienced from the cigarette smoke. We all experience this damage to a greater or lesser degree, because our environment contains many damaging toxins.

**Toxin-** Any substance you take into your body (by breathing, eating/drinking, or absorbing through the skin) that is foreign to you. This includes chemicals like air and water pollution, additives, preservatives, and colorings in our food, viral, bacterial, or yeast infections, radiation from x-rays, flame retardants in our clothing, carpeting, and furniture, etc.

**Anti-oxidant-** A vitamin which helps to protect your cells from free radical damage. Some common anti-oxidants include Vitamin C and Vitamin E.

**pH-** pH stands for “percent hydrogen” and is an indicator of your acid/alkaline balance. If you are too acidic or alkaline, it leads to health problems.

**Inflammation-** This is a defense mechanism of your body and occurs when you have more toxins built up in your tissues than you can release through sweating, urinating or having bowel movements. Inflammation is a rushing of blood and immune resources to the area of toxic load in an attempt to handle it. Some conditions that are associated with inflammation include arthritis, asthma, allergies, lupus, diabetes, heart disease, cancer, headaches, fever, and swelling. In fact, research is showing that nearly all non-optimal health conditions have an inflammatory component.

**Homeopathy-** A system of healing which uses extreme dilutions of herbs to stimulate your body to repair itself. These remedies are so dilute, that if a young child drank a whole bottle, there would be no problem! Homeopathy is safe for all ages and can be taken alongside any necessary medication. Homeopathy has been in use for well over 200 years, and was quite popular in the US before the advent of the pharmaceutical industry. It never lost popularity in Europe (in fact, the Queen of England uses it) and is enjoying a resurgence of popularity in the United States.



## **Directions to Natural Health Solutions**

### **From GA 400 going north:**

Exit Roswell exit 7B (toward Roswell).  
Follow Holcomb Bridge Rd. to Alpharetta Hwy (Hwy 9).  
Go right on Alpharetta Hwy.  
Go left at fifth light – Elkins Rd.  
Go about ¼ of a mile and turn right into Corporate Woods complex  
We're Suite J1

### **From Roswell Rd. going north:**

Go through Historic Roswell.  
Cross over Holcomb Bridge Rd. - continue straight.  
Cross over Mansell Rd. - continue straight.  
Go left at third light – Elkins Rd.  
Go about ¼ of a mile and turn right into Corporate Woods complex  
We're Suite J1

### **From Marietta:**

Take Hwy 120 E/Roswell St. into Roswell. (Will change names to Roswell Rd. then Marietta Hwy.)  
When you come to the "T" intersection with Atlanta St./Hwy 9/120 E at the Roswell Mill, take a left.  
In about half a mile you will take the fork to the right to continue onto Hwy 9/120 E/Alpharetta Hwy.  
Cross over Holcomb Bridge Rd. - continue straight.  
Cross over Mansell Rd. - continue straight.  
Go left at third light past Mansell Rd. – Elkins Rd.  
Go about ¼ of a mile and turn right into Corporate Woods complex  
We're Suite J1

### **From Hwy 120 (Duluth):**

Take 120 W./Abbotts Bridge Rd. (Changes names to 120 W./Kimball Bridge Rd.)  
Slight right onto 120 W./State Bridge Way. Keep right at fork to continue on 120 W.  
As you get into Alpharetta it turns into Old Milton Pkwy.  
Go past Haynes Bridge Rd.  
When Old Milton intersects with Alpharetta Hwy/Hwy 9/S. Main St., go left onto Alpharetta Hwy.  
Follow Alpharetta Hwy south take a right at Elkins Rd. (5<sup>th</sup> traffic light)  
Go right onto Elkins Rd.  
Go about ¼ of a mile and turn right into Corporate Woods complex  
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**If you have any questions about these directions or to make an appointment, please call the office at 770-817-8028.**

