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WELCOME!

Congratulations on finding your way here!

By simply choosing to explore an alternative and more holistic approach to your health concerns you are already on your way to an improved experience of life. Through a personalized lifestyle medicine approach, I have much to offer you on the road to more vibrant health.

By fusing Naturopathic and Chinese medicine, nutritional science and energetic principles, together we will create a plan to set you on the right path to your own healing. I am excited and honored to have the opportunity to work with you through a collaborative effort that will help you reach your health goals. I trust that not only will you experience a greater level of physical, mental and emotional well-being, but you will redefine what it means to be healthy and truly alive.

Here's what you can expect from our sessions (and "from me"):

~Expect to be heard. Expect to be considered as a unique individual not as a condition or disease. Expect some new ideas. I aim to inspire or even challenge you to think differently.

~Your **initial** visit or consultation will be 60 minutes. If you are coming in specifically for acupuncture please plan for an additional 30 minutes. **Follow up** consultations are 30-60 minutes. Plan for an hour if you are coming in for acupuncture.

~At the end of our first meeting, you will have an initial plan to get you started on your healing journey. This may include a variety of lifestyle suggestions, nutritional supplements/herbal medicines and possibly a suggested acupuncture schedule. If you choose, we will continue to work together until you reach your wellness goals.

~The frequency of visits vary, as I do not wish to simply manage your symptoms but work with you to resolve them. Your participation in this process contributes to your desired outcome.

Enclosed is your new patient information. Please take your time in completing **all forms in their entirety**. This is your chance to tell me in depth why you are seeking my assistance and it gives me some background so that our personal time together is of most benefit to you. You will find that many of the questions are unique. Your answers will allow us to begin to get to the core of your concerns and provide you with a new path in your health journey. **Please return these forms to me 1 week prior to your visit** via mail, scanned into an email or **faxed to 971-266-8183**. Receiving this information ahead of time helps me prepare for your visit and gets my wheels churning on the many possible ways I might serve you best. Please plan to arrive 15 minutes early so that we can get started on time.

This holistic, personalized lifestyle medicine approach takes time, requires your full participation and I believe is worth all the effort. I believe this work will truly change your life.

Cheers to a new adventure in discovering and living your healthiest life!

I look forward to working with you.

Dr. Rachel Eppinga