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Welcome to the Naturopathic wellness practice of Laura Eastman, ND

Hello!

I have created this welcome letter and initial paperwork packet to make it easier for us to get to know each other. I imagine you want to be deliberate in your choice of practitioner and as informed as you can be about my approach and practice. Similarly, to give you my fullest attention, I want to spend time with the details of who you are, how you feel, and how you move through life.

As a health & wellness practitioner...

- I value collaborating with my patients on creating a treatment plan
- I believe in each body's ability to heal itself with the proper support
- I believe that patients know their bodies better than anyone and encourage patients to share their perspectives with me
- I gather information that helps me diagnose and treat by touching people
- I value both my own and my patients' intuition, as much as lab values
- I respect the patient experience of being both a patient and an autonomous person
- I am interested in research-based medicine, but am more interested in what my patients and I create together
- I believe that most people are basically healthy and will use a variety of tools (e.g. lab tests, body work) to enhance patients' health

Working with me is effective when you...

- Take primary responsibility for your health
- Are curious about your mind, emotions, spirit, and body, and the connections between them
- Seek an authentic relationship with me, speaking up when something is not right as well as when something is
- Develop a level of trust with me that will be truly healing for you
- Are interested in receiving information from your body and experience of your treatments, and allow this information to inform your health and future treatments
- Value my ability to engage in bodywork, as well as lab analysis and consulting
- Believe that you can heal, and have the patience for that process
- Allow me to be an authentic person, as I encourage the same in you
- Are excited about going deep with your investigation into your health, and are open to sharing your insights with me as we co-create a treatment plan

Before your first appointment

I work best when I have a "pre-appointment" with you before our scheduled First Office Call, in the form of an initial paperwork packet that I ask you to fully complete. This is unscheduled and involves me spending time reading and sitting with the information you provide.

This initial packet is how I get to know you and understand how to best approach and attend to your needs. I encourage you to take your time filling out this paperwork; I will learn a huge amount about who you are before we meet face-to-face. This will significantly enhance our work together.

In order to allow time for this process, I will need 24 hours to review your initial packet prior to your First Office Call. I prefer to spend time reviewing your material when I can take my time, and not yours, to get to know your health concerns. You can scan and email or fax, or post, or drop off your packet anytime at least 24 hours before our First Office Call.

Nature of Ongoing Care

True healing happens slowly, in a sustained fashion, accumulating over time. While some improvements will be immediate, others will be revealed over time, as we peel away layers of habits, patterns, or conditions. I generally recommend meeting monthly for 4-6 months to see how your body responds to this medical approach. Similarly, any treatments --physical, emotional, nutritional-- I recommend are likely to shift over that time, without necessarily extending into the long-term.

An important aspect of our relationship is for you to communicate clearly and honestly with me. I'll work to keep us on top of this by communicating my timeline and expectations for change at the end of each of our visits together. For example, one of my techniques for treatment of acute issues is The Three-Day Rule. If an approach we've created during our time together doesn't work as anticipated within three days, I want to hear details from you in an email. On more chronic or ongoing issues, I want to be apprised of other emerging layers as they present themselves during regularly scheduled office visits. This helps our work stay current and dynamic.

Your Decision

The first step in your commitment to your health is to spend as much time as you need filling out the initial packet. The information I ask of you is what I know leads to effective and lasting healing. If you find the task of filling out the paperwork unpleasant, perhaps working with a different practitioner would serve your needs better.

Take your time, consider deeply, listen to your internal signals... and get back to me if and when you are interested in working with me. You're always welcome to book an initial 15-minute free consultation to help determine if we are a good fit for each other.

Yours in health,

A handwritten signature in cursive script that reads "Laura Eastman ND". The ink is dark and the handwriting is fluid and personal.

Laura Eastman, ND