



Thank you for your interest in naturopathic medicine!

I look forward to providing you with high quality, natural healthcare. I encourage your questions and participation in all aspects of your health. My goal is to provide an individualized treatment that encourages self-reliant care. **Great health is a choice AND a commitment.**

Health Potentials is open Thursdays and Fridays. Office visits are scheduled online or by calling my clinic voice-mail at 651-208-1084. Phone calls are returned twice daily and any calls received after 5 pm will be returned the next business day. I am available for consultation after hours by special arrangement only.

The initial office visit usually lasts 90 – 120 minutes. During that visit, I will complete a thorough intake of your medical history followed by my presentation of an **individualized treatment plan** to include dietary advice, functional test recommendations, and nutritional supplement prescription. I allow this time to explain the “why” of the treatment and answer any questions you may have. I ask patients to follow-up every 4 weeks, or sooner for some complex or acute cases. It takes 3 office visits to fully assess how naturopathic medicine can benefit you. My goal is to empower you to manage your own health. This is accomplished by teaching, instead of only treating with natural medicine.

Please visit my website www.rhythmofhealth.com and download the new patient paperwork from the “clinic” page. There are 3 policy documents to sign and bring to your first visit: Authorization for use of Protected Health Information; Office Policies and Fees; and Nutrition Informed Consent. There is also a detailed intake form (Adult or Pediatric) to complete and bring to the first visit. It is very important to keep the 3 day diet diary and to list all medications and supplements you are currently taking. I recommend bringing all your supplements to the first visit. Also, bring any lab work from the past 2 years.

My clinic is located within the store Gluten Free 4U/Tailor Made Nutrition. If you need directions to the clinic please call the store directly at 651-702-2522 or visit www.tailormadenutrition.com. My office is located at the back of the store. When you arrive, please check in with any of the store staff and they can answer any general questions. But, they are not my receptionist. Make yourself comfortable in the waiting area at the back of the store and help yourself to water or tea.

Effective treatment requires patience and **good communication**. As lifestyle counseling is a primary focus of my treatment, I encourage patients to communicate to me their concerns and questions during active treatment. I offer my email as a cost-effective and time-saving option to maintain communication with patients. There is no charge for email questions, but it should be understood and agreed this communication cannot replace a consultation. I do my best to answer emails in a timely fashion. If the email question requires lengthy discussion, clinical decision-making, prescribing, or medical record keeping you will be notified that an office visit or telephone consultation must be scheduled.

If you have any questions, please feel free to email me at paul@paulratte.com.

In health,

Paul Ratté ND