

Welcome to TouchStone Health

At TouchStone Health, you will be cared for in a relaxed and peaceful environment. Our approach focuses on treating all aspects of the individual, not only on treatment but also on prevention, connecting with the body's natural self-healing capacity. If you wish to come early for your appointment there is herbal tea or water to enjoy with inspiring books to read.

Where to Go:

We are located at 572 Weber Street North, Unit 3A in Waterloo, ON. We are at the corner of Northfield and Weber, in the same plaza as the TD bank. Ample free parking is available all throughout the plaza.

What to Expect:

The initial visit is 75 minutes in length for adults and 60 minutes for children. It will consist of reviewing the intake form with chief concerns, a detailed health history and physical exam. A naturopathic assessment will be explained with initiating treatment options.

These options may include: dietary changes, herbal medicine, nutritional supplementation, homeopathy, acupuncture or lifestyle counseling.

Treatment is always based on your individual needs and is created specifically for you.

Subsequent visits range from 15 to 60 minutes in length.

Please bring:

- Completed Intake Form found on our website, under Forms & Fees
- Lab/blood test results, if applicable
- List of current supplements and medications (please include brands and doses)
- A urinary analysis will be performed on the first visit, so please bring a full bladder

Fee Schedule for Initial Consultations

\$165 for Adults
\$125 for Children
\$125 for Students
\$95 for Acupuncture

Fee Schedule for Follow-up Consultations

\$ 40 for 15 min	\$75 for 30 min
\$95 for 45 min	\$125 for 60 min
\$65 for Acupuncture	\$ 35 for phone consults

Fees for health services and supplements are due when services are rendered.

Payments accepted: **Cheque or Credit.**

We respectfully request a minimum of 24 hours notice if you cannot keep an appointment. Otherwise you will be billed for \$25 for the missed appointment fee. Unforeseen events and circumstances will be taken into consideration.

We look forward to meeting with you and working with you toward your healthcare goals.

Sincerely,

Dr. Amanda Cressman, ND
Dr. Melanie Reidl, ND
Naturopathic Doctors