



**Stamford Center for Natural Health**  
**Dr. Laura Futterman, Naturopathic Physician**

**www.stamfordnaturalhealth.com**

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*PLEASE READ THIS CAREFULLY –  
Your signature is required to commence treatment.*

- The goal of Naturopathic Medicine is to **discover the cause** of the imbalances disrupting your health, and to **stimulate your body to heal itself**.
- Ultimately, your return to health and balance will be the result of **your commitment and dedication**. Your *choices* about diet and physical activity; your *commitment* to a naturopathic regimen of nutritional and/or herbal supplements; and your *consistency* in follow-up appointments has a huge impact on your success.
- **Complicated problems usually do not go away overnight**. Even an apparently simple problem may have been brewing for months or years, and may have a complex cause. While some people get results quickly, it is never reasonable to expect miracles.
- **Diagnosis precedes treatment**. While information from other doctors or practitioners will be taken into account, **Dr. Futterman is most interested in knowing your symptoms – your own subjective experience of what is wrong – and objective signs of illness**. What other doctors said, how other doctors have treated your illness, and your own diagnosis or treatment of your condition are of less importance. **Your signs and symptoms are the most important information about your state of health**.
- Naturopathic treatment from Dr. Futterman usually involves some combination of the following: the following: 1) **Comprehensive assessment** of health, using time-tested clinical methods and accepted laboratory measurements; 2) **Dietary analysis and recommendations**; 2) **Lifestyle analysis** for health risk; 3) Analysis and/or recommendation of **nutritional supplementation**; 4) Analysis/Recommendation of **Neurotransmitter balance and Amino Acid treatment** for neurotransmitter imbalance; 5) **Physical medicine** including deep tissue massage, trigger point therapy and bony and spinal adjustments; 6) Prescription of a **homeopathic remedy and /or flower essence**, or a series thereof, for your unique individual pattern; 7) **Herbal preparations** as indicated for infection, pain or disease process based on the individual.
- **We make every effort to serve you courteously and efficiently**. We ask that in the event cannot make it to an appointment, you give us a minimum of 24 hours notice. Cancellations without 24 hour notice that are not the result of an emergency or unavoidable

circumstances, are subject to a standard fee of \$50. Your courtesy allows us to accommodate the maximum number of people who would like to take advantage of naturopathic medicine.

- **Dr. Heller is a provider to Blue Cross/Blue Shield** (including Anthem, Horizon, and Empire), **HealthNet, and Oxford of Connecticut** (not New York and New Jersey Plans.) If you have current coverage with one of these plans, and you provide all information and referrals required for insurance billing, you are responsible for your copay only, plus any non-covered expenses such as supplements and laboratory tests that are not covered by your insurance. Occasionally a large company will contract with a private insurer (like the ones listed above) to administer their insurance plan, and will stipulate that naturopathy specifically is not covered. Naturopathic medicine is not covered by Federal Government Blue Cross/Blue Shield. We cannot possibly know about every exception to coverage. Therefore, it is *your* responsibility to determine that you will be covered. ***In the event that your insurance is billed by Stamford Center for Natural Health, and your office visit is not covered, you are responsible for the full balance of your account.***
- Other insurances may pay for naturopathy, subject to standard out-of-network rates, copays, and deductible. In these cases you will be asked to pay in full at the time of your visit, and we will provide you a receipt. As of April of 2008, Medicare, United Healthcare, and Cigna do not offer coverage for naturopathic medicine.
- ***Dr. Futterman never recommends that you discontinue prescribed medication unless you have first consulted with the physician who prescribed it.*** If you choose to discontinue your medication without first consulting that physician, you acknowledge by signing below that Dr. Futterman has not and does not advocate such action, and that you assume full responsibility and liability for any and all occurrences that may result from such action.
- ***All medical interventions carry some degree of risk.*** In general, natural interventions carry far less risks of side effects than do surgery and conventional pharmaceutical treatments. Anyone can develop an allergy at any time, and certain natural substances may not agree with a given person. As a point of comparison, aspirin and other non-steroidal anti-inflammatories cause tens of thousands of cases of serious illness, kidney and liver disease, and death each year even though they are among the safest drugs. Natural therapies and medicines are safe, gentle, and effective, but even benign substances can cause reactions.
- By signing below, you are signifying that you have read and understood all conditions above, and that you are undertaking naturopathic medical treatment of your own free will, with full knowledge of, and taking full responsibility for, whatever risks and benefits may accrue from proceeding.

**We look forward to serving you on your journey to optimal health!**

- Print Name \_\_\_\_\_
- Signature \_\_\_\_\_
- Date \_\_\_\_\_