



# CARRIE LOUISE DAENELL, ND

## Welcome to my practice!

Congratulations on your decision to pursue a higher level of wellness in your life. It is an honor to work with you. It is our intention to provide personalized, compassionate wellness-consulting care, dramatically effective protocols and to provide nutritional supplements of exceptional quality and bioavailability. We strive to be your resource for the “best of the best” that natural medicine has to offer. You can expect us to be engaged in an ongoing process of learning and to stay on the cutting edge of the natural health field. We welcome your ideas, advice and feedback in our never-ending quest to work at the highest level on your behalf. We want you to “get what you came for,” which is “healthier,” and look forward to working *with* you, as a team, in order to accomplish your health goals.

Enclosed, please find the intake forms that we use to begin our work together. It is necessary that they are completed and returned to us, prior to your appointment. They include important disclosures and the medical and symptom history forms. The signed disclosure forms are legally necessary to conduct our work together. The medical and symptom history forms serve as the beginning of this very individualized process. Please set aside ample time to fill out these forms and send in the completed copy prior to your initial appointment.

Please also send in any copies of lab work that you happen to have and please send in a list of all prescription and over the counter medications, and any nutritional supplements you are currently taking. If you would like to submit a photo of yourself, you are encouraged to do so.

There is also a **Medical Records Release form** included in your paperwork. That is for you to use, if you would like to **submit that form to your other providers**, asking them to send copies of your lab and imaging reports directly to our office, for you. Please fill out their contact information, your identifying information, and sign and date it, **then submit it to them**.

We look forward to meeting with you, beginning this very important and exciting process and to doing our very best work for you.

Yours in health,

Carrie Louise Daenell, ND

## Am I the Right Doctor for You?

### **So, you are interested in working with me...**

My name is Carrie Louise Daenell, ND. I am a Naturopathic Doctor. I am licensed in the state of Washington - primary care provider, license #00000910, registered as a Naturopathic Doctor in the State of Colorado registration #ND.0000005. I earned my doctorate in Naturopathic Medicine at Bastyr University in Seattle, WA.

If we are to work together, it is important to me that we both feel we are a “best fit” for one another. Accordingly, I encourage you to speak briefly with me, on the telephone, prior to your tele-health appointment. We can make certain that your health goals fall within my areas of expertise. If for any reason that is not the case, I would be happy to make a more appropriate referral for you, if possible. Please read the following notes on what to expect when working together. They answer just about every question I have ever received prior to working with someone.

**What can I expect, financially and logistically, when working with you?** Your initial tele-health consultation of 90 minutes will be provided for \$495. Follow-up tele-health consultations of 20-30 minutes will be provided for \$295. That first follow-up consultation will occur four weeks after your initial consultation. From there, the frequency of consultations will be determined by your case and our shared goals. If you sense that your follow-up consultation will require extensive work and could exceed the 20-30 minute visit, please schedule that additional time, at no additional charge, in order to respect the time of those who are scheduled after you.

**Does Insurance Cover the Cost of Your Care?** Insurance does not cover the care that I provide. Our office accepts Visa, Master Card, American Express & Discover. Payment is due at the time of service. Flexible spending plans and medical savings accounts frequently reimburse for the cost of my care and for the nutritional supplements that come from my office. We are happy to support you with any necessary letters or documentation to help with the reimbursement process through these programs.

**Can you serve as my Primary Care Doctor?** I do not carry a pager, and do not practice "acute care." As a registered Naturopathic Doctor in the State of CO I am not eligible to practice as a primary care provider. Accordingly, I practice as a wellness consultant, and all of my patients retain MDs, DO's or NP's as their primary care providers. I work with people on a longer-term basis to correct the underlying cause of their chronic health challenges, and never handle any type of emergencies and **am never for any reason, available on an urgent basis.** I do not perform pap and pelvic exams, school physicals and do not see colds, earaches, etc., on an acute basis as they arise. I do not support Worker's Compensation Claims or Return to Work Determinations. I see patients once per month in the beginning of our working relationship, in order to provide the time necessary for the changes that patients might experience and report on, in accordance with the therapies that they are employing. More time may lapse in between visits, thereafter. Typically, no less time lapses between visits

**Are there additional expenses that I should be aware of when investing in my health through this practice?** The biggest investment you will make, is in nutritional supplements that you will use in order to support your healing. Supplements can be a substantial investment, regardless of quality or potency. Having served on retainer as a raw materials and formulation scientific and technical expert, in the practitioner-quality nutritional supplement industry, I take great care to discern quality, potency, intelligent formulations, bioavailability and the standards met by each of the manufacturing facilities. As such I have curated an exceptional practitioner-quality nutritional supplement dispensary. As well, have developed my own line of products, within that dispensary. Most of the nutritional supplements I will be managing within your care, will come from my dispensary. Should I make recommendations that fall outside of my dispensary, I will be very clear on exactly what those items are, and where to get them.

**What makes the nutritional supplements in your practice exceptional?** Having served on retainer as a raw materials and formulation scientific and technical expert, in the practitioner-quality nutritional supplement industry, I have developed and use my own line of practitioner-quality nutritional supplements and also other lines of practitioner-quality nutritional supplements. Simply, “they are what they say they are, nothing more nothing less” - and are designed to be potent and therefore recommended and supported by practitioners. The companies that manufacture these nutritional supplements were created *by* doctors like me *for* doctors like me that “know the difference” and they cater to our particular, critical and demanding standards. There are a wide variety of raw materials and various forms of “the same” nutrients available in this growing market. Some forms are much better absorbed and much better utilized in the body than other forms. It is not a light topic. Knowing these differences, and providing these better forms and formulas is part of my obsession with providing you with the “best of the best” in guidance and quality “tools” in order to support your healing goals. I have worked, for years, on this side of the industry, and I have developed an expertise in nutritional supplements that most practitioners simply never have a reason or opportunity to develop. This is a significant advantage to me and my patients as we seek dramatic results in their cases. The manufacturing facilities that I trust meet GMP or FDA Drug Registered standards for manufacturing. Further, they often make available substances and formulas that only doctors like us know how to use and that can take the time to educate people with regard to their use. Therefore, they would not be found in any version in the over-the-counter market. Accordingly, I am able to use quality, potent raw materials put together in intelligent formulas that produce dramatic results for people working to improve their health. This is vital to the success of my patients, which I take very seriously. I do not engage in the use or sale of multi-level marketed supplements and have no future plans for doing so.

**Do you charge for shipping?** We offer free shipping via First Class & Priority USPS Mail within the 48 Continental United States. Special shipping requests will be accommodated within the 50 United States, whenever possible, and invoiced to you at cost, incurred from the shipper. We do not ship outside of the United States.

**What is a Naturopathic Doctor and what level of care do you provide in your practice?** Naturopathic Doctors are educated and trained, through accredited Naturopathic programs in North America, in the

practice of primary care conventional medicine, including minor surgery and the use of prescription medicines - and in areas that include: physical medicine, counseling, homeopathy, herbal medicine and nutrition. We, as a profession, use physiotherapy, osseous manipulation, psychological counseling techniques, dietary changes, vitamins, minerals, herbs, glandulars and homeopathy. Not all Naturopathic Doctors employ all of these modalities.

I practice as a wellness consultant and **not as a primary care provider**. I use vitamins, minerals, herbs, glandulars, homeopathy, bio-identical hormones packaged for over-the-counter sale along with lifestyle and dietary recommendations in order to facilitate health changes. I do *not* provide psychological counseling, physiotherapy, massage or osseous manipulation, or prescription medications in my practice. Please note: I treat patients aged 9 and older and **do not work with children 8 years old or younger**.

**What about the education and licensing of a Naturopathic Doctor “ND”?** Our profession’s education can be completed in no less than 8 years. (I devoted 10 years to my education as I added an extra year of math and physics, and an extra year of Chinese pathology and diagnosis.) Accordingly, those enrolling in such programs are eligible, upon graduation, to sit for state department of health licensing exams. The WA state basic medical science and clinical board exams (The exams I took, and where I hold an active Primary Care license) involve five 8 hour days of testing, and licenses the Naturopathic Doctor that passes these exams as a primary care provider. The Naturopathic Doctor, therefore has prescriptive authority and the right to do out-patient minor surgery and all aspects of out-patient family medicine as any primary care provider would – in the State of WA. Naturopathic Doctors are regulated in many states. Colorado now regulates Naturopathic Doctors. While we are “Registered” in the State of CO, we do not have primary care status, and our scope and authority are limited, and they do not yet reflect the extent of our training and education. As such, we cannot be considered for any “category of provider” by health insurance providers and will not be included in their coverage.

I hope this brings clarity to any education, training and practice style questions that you may have. Please feel free to contact us, with further questions with regard to the possibility of our working together. It is important to me that you have those questions answered and that we *both* make the important decision to work together in an informed manner. Should we embark on this journey of healing together, it will be an honor to do my best work with you.

Yours in health,

Carrie Louise Daenell, ND

[More great information on www.DrDaenell.com](http://www.DrDaenell.com)



# CARRIE LOUISE DAENELL, ND

## Vision

I believe that combining treat-the-cause strategies with education that empowers informed decision making and follow-through supports people to make lasting corrections to their health challenges.

I believe that using nutritional supplements that work is the key to success.

Therefore, we provide smart strategies, education, and access to the necessary targeted nutritional supplements formulated using superior ingredients, with clear direction for using them effectively.

## Mission

Resolving disease and restoring health to empower lives fully lived.

## Values

Meet people where they are

Be sincere, kind and respectful

Listen, learn and evolve

Teach and advocate to empower

Source the best raw materials

Provide clear direction

Achieve results