

Important Information for New Patients

Welcome to the Four Winds Natural Healing Center, Inc. You are now part of our family! Our goal is to assist you in achieving ALL of your healthcare needs. Please, keep the following in mind so we can better meet your needs:

Call back seven days after your initial appointment

- Check-in with an office associate to report any changes or improvements you may be experiencing. All office associates are trained to help you with this check-in process by asking questions specific to your healing journey.

Reschedule your follow up appointment as directed by your practitioner. This is the most important part of the healing process.

- It allows us to assess what is working and what needs to be modified to meet your body's changing needs.

Refill your herbal formulas between visits

- We only provide a one week supply of supplements during your first visit. This is so we can keep in close contact with you. Please, call us *before* your formulas run out, so we can ensure we have the product you need on hand. Please, try to stay on your formulas. Call the office if you feel there is a reason to stop your formulas. If there is an emergency stop all of your supplements and contact your doctor.
- In many cases, we can refill your supplements the same day. As we are a small, family-owned business that takes great pride in our custom-made formulas for you, we do appreciate having a 24 hour notice. All mail-outs require a 24 hour notice to refill and mail out. To ensure the highest quality each formula our dedicated staff hand-crafts each tincture just for you. Thank you for being patient with us, as this is a labor-intensive process.
- Healing is an in-depth process similar to peeling an onion, layer by layer. We may make special changes to your program or customized formulas between visits.
- As the formulas start to create a deep level of healing over time, we usually do not have to change formulas too often. Once this happens, you may order larger amounts of supplements during each refill.
- You can bring your old, used tincture bottles with you during your visits to re-use. Due to FDA guidelines, we can only re-use your own tincture bottles for you. This saves a lot of waste in landfills and helps keep our costs down!

Call us with any changes, cleansing experiences, new contact information or health information

- If you ever have a serious acute cold or flu, it is usually best to go off all your formulas until you talk with us. At that time we may find the formulas are okay or we may want to suggest something to help the infection resolve quicker.
- All office associates are trained to handle your health information in a private and confidential manner. Our staff is trained to answer many of your questions and update your records.
- Do not hesitate to call with any pertinent updates to your health, well-being, questions regarding your healing process, etc. We are passionate about natural healing and want you to be comfortable and knowledgeable about the journey you are taking while working with us towards your, unique health goals. We love hearing from you!

Medical tests and medications

- Please, stop your supplements and call the office to inform us of any new medications you may be taking. Your practitioner may need to modify your supplements accordingly.
- It is also important to call the office to inform us of any new medical tests you may have undergone or are about to do.

- We are experts in herb safety, supplement safety, drug interactions and contraindications. Any formulas you are given are guaranteed to be free of any interaction with your medications.

Our unique herbal dispensary is serious about cleanliness and sanitation

- Our herb dispensary is one of only a few in the entire Midwest. We are one of the only herb clinics to fully follow FDA's Good Manufacturing Practices (GMP's).
- We are required to follow the same safety, sanitation and record keeping that pharmaceutical companies do. If you see us wearing hair nets or plastic gloves, don't laugh! Every company we use does extensive testing including: heavy metals, pesticides, contaminants, adulterants, bacteria, mold and fungi.

Recommendations for all of our clients

- Don't feel bad if you can't stick to the whole program, no body's perfect! The closer you follow the program, the better the results. The healthier your diet and lifestyle, the quicker the healing response will be.
- Do some longevity exercises such as yoga, tai chi, chi kung, walking, meditation, prayer and reflection. The healing effects of spending time in nature can never be underestimated.

Get Informed!

- Protect your rights to buy dietary supplements and use alternative medicine! Go to www.citizens.org to register to get emails regarding congressional bills and issues. They make being politically active free and easy as clicking a button! This is the only way for our voice to be heard against big corporations and pharmaceutical companies.
- Please visit the Four Winds Natural Healing Center Facebook page. We post educational articles, lectures, cooking classes, nature walks, workshops and other topics each week. We also send out an e-newsletter every season. It is much easier for us to maintain our Facebook page, so we update much more frequently than our website.

Did you know?

- We are "local-vores!" We support small, local businesses and get as many of our herbs organically and locally grown as possible. Currently, we are even looking at starting a farming operation. Our goal is to get at least 50% of our herbs locally within ten years.
- A percentage of all our profits go to support conservation, homeless shelters and health freedom groups.
- We only use the absolute best quality supplements, herbs and tinctures. We use what we feel are the best in the entire world. If it does meet our standards, we will not recommend it or use it. All of our tinctures and formulas are made by us in small, artisanal batches to ensure the absolute highest quality. Quality in equals quality results.
- Due to the unique nature of all supplements give to you, it is important that you do not share your supplements with anyone. We want to ensure the safety of everyone taking our recommended formulas, and we only know about your lifestyle, any medications you may be taking, etc. Your Uncle John or sister Tracy is likely to have very different needs than you.