

Re-discovering health with Homeopathic Medicine:

Homeopathy is a journey of healing that re-connects us with the natural world.

Natasha Lewis is registered with the college of homeopaths of Ontario



IHH
Homeopathic Clinic

Clinic Resources

A Guide for New Patients: How and Where to Start

Welcome to our clinic, this booklet is there to guide you whether you are making an in-clinic appointment or are using our online booking service through our digital [client portal](#).

Homeopathy is a natural healthcare system, and congratulations on choosing it. To help get you started, this guide will lead you through the beginning of this journey on a step-by-step basis to make this an easy and successful transition.

For some of you this may not be your first interaction with homeopathy and some of you may have had a prior homeopathic practitioner. Homeopathy is practiced in different ways, and in this clinic we use classical methodology with inclusion of all the innovations in the understanding of the deeper source constitutional case-taking methods.

Our focus is on providing deeper healing to restore not only the inner balance of the individual, but also bring each individual back on their path towards their life's purpose.



What to expect from using Homeopathy

Good news, the only side-effect of homeopathy is it fixes more than you intended to have fixed. Homeopathy is a process that begins with an extensive history of your symptomology through an initial case-taking and remedy dispensing. After receiving a constitutional or an acute remedy, the body is then given time to begin its healing process. It is then up to the patient, with the guidance of the homeopath, to schedule follow-up appointments until the patient's health is restored and their healing process is on the mend.

UNDERSTANDING APPOINTMENTS

Booking your first appointment online

To book your first appointment online you will need to choose a service option that meets your needs. Each service option has a booklet with information which will help you make that decision. If you are not sure, and this is the first time with us, please book an initial consultation.



Once the appointment is booked you will receive a *confirmation* of your booking in your email. If the appointment is virtual, please wait to be invited to the session a few minutes prior to the time of the booking.

Booking your first appointment offline

Patients who do not have access to the internet can book an appointment by calling or emailing the clinic on weekdays between 10AM-4PM. Any messages left will be responded to within 1 to 2 business days.

Follow-up appointments

The appointments you make after an initial consultations are referred to as a follow-up appointment, because they provide an opportunity to follow-up on the progress of the patient, how the remedy is working, and help decide on the next steps in the treatment plan. **The number of follow-up appointments will be determined by the patient's progress.**

When needed, please make an appointment for a follow-up consultation.

Free information session

Homeopathy has peaked your interest, but you are still not sure what to do? Book a free 30-minute information session. Visitors to the clinic can acquire information about homeopathic treatment and how homeopathy can meet their health needs through an information session.

Anyone can book a free information session on the clinic's [client profile](#) under **Services**.

Please do not book free information sessions if you have individual health needs that require first-aid or follow-up care, including remedy dispensing.

***Anyone who books a free information session when needing a first-aid or follow-up consultation will be charged accordingly.**



Please note that to cancel appointments you must contact the clinic directly either by email at: natashalewis69@gmail.com or by phone at: (416) 994-2751

Remedy refill appointments

Usually patients will have their remedies refilled during follow-up appointments. It's important to refill your constitutional remedies whenever they run out. Continue taking your remedy as prescribed by your homeopath. When you are unsure of when to take your next dose, or run out of doses, book a remedy-refill appointment.

Booking a remedy-refill appointment is simple and like all other appointments can be done via the clinic's [client portal](#).

UNDERSTANDING PRICES

Treatment costs

Initial Consultation (includes a follow-up consultation): **\$250 (CAD)**

Follow-up Consultation: **\$120 (CAD)**

First-aid Consultation: **\$40 (CAD)**

Remedy re-fill appointment: **\$0 (CAD)**



All appointments include remedy dispensing.

*All prices are in Canadian Dollars.

Insurance providers

Homeopathic medicine is a regulated profession in Ontario, and as a result is covered by many healthcare insurance providers for consultations done with registered homeopaths with the college of homeopathy.

Please check your personal insurance provider's package to find out whether or not you have coverage.

Here are a few insurance providers in Ontario that include homeopaths in their medical packages:

- **Medavie Blue Cross**
- **Manulife**
- **SunLife**
- **Green Shield**

Financial assistance

We are dedicated to providing access to natural medicine, and as a result we will work with you to help make homeopathy affordable for you.

We financially accommodate:



Families



Seniors



Students

FAQ

Popular Questions

Are you a naturopath or a homeopath?

The homeopathic practitioner at the clinic is a registered homeopath in Ontario. Some naturopaths study to become homeopaths, but unless they are registered with the college of homeopaths, they cannot refer to themselves or practice as homeopaths. Registered homeopaths are specialists in homeopathy.

What's the difference between naturopathy and homeopathy?

The short answer is homeopaths study and practice homeopathy, while naturopaths study and practice naturopathic medicine. For further information, please refer to “Booklet 1: The Homeopathic Paradigm” under Resource Materials on the [client portal](#).

Can I book an appointment from outside of Canada?

The clinic is happy to book people from outside of Canada through our online portal. Patients booking virtual appointments outside of Canada will be asked for their credit card information prior to the appointment.

What do I do in an emergency?

In a life-threatening emergency, use the emergency services closest to you such as a hospital, 911, or walk-in clinics.

If you would like to incorporate homeopathy in your first-aid response in the future, discuss this with your homeopath.



Where can I access your clinic resources for information?

Our clinic offers numerous resources containing information about policies, procedures and our homeopathic treatments. To access these resources simply enter the clinic's [client portal](#) and scroll to the bottom to find our **Resources** section. To view all the resources click "More Resources."

About the practitioner:

Natasha Lewis is a registered homeopath who has been treating patients with homeopathy for over 15 years. Located in Ontario, Canada, she works hard to provide Canadians with a viable natural alternative form of healthcare.

Her passion is healing individuals and families, helping bring communities closer to an understanding of nature and its power to heal. Natasha shares this passion on her [podcast](#).



Natasha Ann Lewis
Registered homeopath & Clinic Director

[Book your initial consultation now and](#)
[start your health journey.](#)



In health always.



IHH

Homeopathic Clinic