

What you should I expect after the first visit?

You may experience some changes with your body that may not be familiar to you. Although the most common reaction to care is a sense of relaxation, increased movement, and reduced stress on your body, some may experience some discomfort around the area of concern. This is not uncommon, and if your issue has been chronic, meaning lasting for more than a couple of months, you should expect a period of change where your body adjusts to movements we have reintroduced it to. As these changes are occurring, you may find that you are not used to these new feelings and movements. Please give the process time. As you might remember from the health continuum, when symptoms first appear, it is usually after a period of time from when the condition originally developed. Your exercises, supplements, and diet recommendations are critical to help your recovery process, and we encourage you to stick to your schedule as best as you can. We understand that “life interferes with the best of care plans”, and we want you to know that your participation in the healing process is critical to your fastest and best recovery and balance. If you cannot devote the time and energy needed to participate in this process, we will make all accommodations to help you get the best results with what you have at the moment. Your participation is a reflection of the love and respect you have for yourself. Taking care of ourselves is not a selfish process, but a necessary process of fulfilling our purpose here on this planet. We cannot contribute to our families, our work, or our community if we are not in good health and balance.

How long will it take?

Everyone is different, and the length of time for either the resolution of your concerns, or to reach your health and wellness goals, depends on how much care is involved, from both your side and our side. Depending on where you are on the health continuum, this dictates how much work is involved in bringing you into health and wellness. The further to the left, into the symptoms and dis-ease areas, the longer this process typically takes. Your involvement in your healing will set the pace on how fast this resolves. The more you work to change your lifestyle through exercises, diet and supplementation, and stress management techniques, the quicker you will move toward health and wellness. Dr. Donahue will specifically address this question with you, based on his 20 years of experience in dealing with similar issues to yours. Based on your response to the first or second visits, he will estimate the approximate length of your care, and the number of treatments needed.

Do I need to keep coming in?

Please understand that you have final say on any treatment plan, as you know your body better than anyone, including your doctor. The job of a wellness physician is to assess your concerns, and help you understand what your body is telling you. This will help you make the decision about the type of care, as well as the frequency and length. Our goal is to help you get to the health and wellness you want as quickly as possible. How much care you need after you have reached your goals is your choice. Some maintain their progress toward health and wellness with a visit frequency of once a week, while others only return with every change of season. Like dentistry, we encourage regular check-ups to assess your progress, but this too depends on how well you continue your progress on your own. The body is

capable of taking great care of itself, and the best lifestyle will allow the body to heal totally on its own. However, we all now know that even in the best of lifestyles, there can be stressful situations that overwhelm us at times. It's during these times that you might find that care is very helpful in helping you deal with that stress, without negatively affecting your health.

How much will it cost?

This depends on how much care from us is needed. The more you can handle on your own, the less care is required from our end. Dr. Donahue will discuss how much your specific care will cost, based on his recommendations for care. You will have the choice of prepaying for your care, paying at the time of service, or paying for your care over time. Your choice will dictate the average visit cost, with prepaying giving you the greatest savings. Dr. Donahue will explain the different payment packages and options available to you, and you will get to decide what works best for your budget.

Why don't you take insurances?

Our business is to serve you with the finest services available, for the best price. We work with you to establish a program that addresses the imbalances that we find. At times, these imbalances are subtle, and don't translate into symptoms or conditions. Insurance companies only pay when you are sick, or have symptoms- they don't pay for early detection or correction of imbalances that may become worse problems over time. As insurance companies are for profit businesses, their bottom line is to increase their profits to benefit their shareholders- not to provide you with the finest services available in healthcare. Additionally, we serve those who would prefer to manage their own health services, and not have any large databases privy to their sensitive health information.

Please understand that you may submit the invoices we provide you for consideration by your health insurance company, if you wish. Our receipts can be submitted directly, and have all the information required for your insurance companies possible reimbursement.