



Restore Wellness

Suanne Sikkema MS, CNS, HWC

suannesikkema.com

Phone: 907-830-9877

Email: ssrestorewellness@gmail.com

Welcome to my practice! I look forward to embarking on the journey towards improved health and wellness with you. In order to make your first visit a smooth and comfortable one, there are a few items of business to attend to.

1. Please complete the **Intake Form** and email it back to me within 24 hours (or more) prior to your first visit. Download the form on to your computer before filling it out and then save the data before emailing it back to me.
2. Please bring with you to your appointment any **nutritional supplements**, **herbs** and **pharmaceutical drugs** you are currently taking. This will eliminate confusion in the long run.
3. Please bring or email any **recent lab tests** (within the past 2 years) or other pertinent medical information you think may be helpful.
4. Please review the **Informed Consent** form prior to your appointment. I will have copies on hand for you to sign before we begin our work together.

What to expect:

During your initial visit, we will discuss your health history and present goals. During this conversation, your custom dietary and lifestyle goals will be formulated with input from your goals, health history (personal and ancestral), symptom patterns, nutritional and caloric needs, food preferences and sensitivities (if relevant).

The number of follow up appointments depends upon your unique needs. I recommend that you make at least 2 follow up appointments so that your progress can be evaluated and recommendations can be shifted based on your response.

In health,
Suanne