



Welcome to our clinic!

We are excited to help you discover your potential for health! Our goal is to provide the best quality care and solutions to your health concerns. We want to encourage growth and will guide and support you as you move forward to better health.

Adara Integrative Clinic was established by three naturopathic doctors who are unified in a commitment to offer the very best in individualized patient care. Our goal is to restore health, prevent disease, and promote well-being with every one of our patients. As naturopathic doctors, we understand that the body has an innate ability to heal. By addressing the underlying causes of disease and promoting health and healing through natural therapies, we can provide effective solutions that are gentle to your body and your surrounding environment.

Most importantly, we want to ensure that you are well informed as you discover health all over again. You chose to take this important step in your life and we want to arm you with the knowledge to make healthier choices. Together, we will see positive changes as you grow in health.

At any time during this process and throughout your journey with us, we are more than happy to answer any questions you may have. Feel free to contact us by phone (416.367.1500), email (info@adaraclinic.ca) or through the contact form on our website at www.adaraclinic.ca.

We look forward to seeing you soon!



You've booked your first appointment and received this package. Now what?

Filling out the forms

The purpose of these forms is to gather information about you and your current state of health. We use this information to better shape the direction of your first visit. After filling out the forms as thoroughly as you can, fax (416.367.8888) or email (info@adaraclinic.ca) the forms to us prior to your appointment date or bring them with you to your first visit.

Coming to your first visit

Aim to arrive 10 minutes prior to your scheduled appointment time. If you plan to fill out the forms at the clinic, please arrive 20 minutes earlier than your appointment time. If you have medical records (i.e. copy of recent blood work), bring them with you along with any other pertinent medical information.

During your first visit

You can expect a warm and supportive environment where your health and well-being is our primary focus.

Your first visit will include the following:

- comprehensive patient intake
- screening physical exam
- urinalysis

Expect your first visit to be approximately an hour long. This time is used to gather the information needed to better understand your concerns and provide the best solutions for you.

Cancellations

Please provide notice 24 hours in advance if you are unable to keep your appointment. There will be a charge of the full cost of the visit if no notice is given and you do not show up for your scheduled appointment.

Parking and transportation

There is plenty of public parking available around the clinic and TTC subway access is conveniently located within a few minutes walking distance. Please ensure adequate time for parking and transportation.