

Hello, and welcome!

You are receiving this letter because you have made an initial appointment for one of the following:

- Lyme disease, mold toxicity, or CIRS (Chronic Inflammatory Response Syndrome)
- Fibromyalgia, Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Mast Cell Activation Syndrome, any auto-immune disorder
- An unknown multi-symptom, multi-system illness which involves some or all of the following:
 - Fatigue
 - Brain fog
 - Chronic pain
 - Mood issues
 - Gastro-intestinal problems

We are very much looking forward to meeting you and supporting you on your journey toward wellness. This journey is not a simple and straightforward one. These are very complex illnesses and your recovery depends on finding and treating **all** of the underlying factors that are contributing to your symptoms. Each patient is individual and responds to treatment differently, and our approach is one that is taken step by step, allowing for your uniqueness.

It is also a journey best taken together in partnership with each other. There will be many suggestions for lab tests (many not covered by insurance), supplements, environmental evaluations, and treatments that at times will feel overwhelming, and frankly can be expensive. I will do my best to recommend only those tests/treatments that will contribute significantly to your recovery and are worth the investment of your time and financial resources.

To begin, please print out, complete, and bring to your first appointment:

- Symptom Questionnaire

Please read the following attached handouts carefully and thoroughly. There is important information here. Please take the time to read through it now rather than wait until the day before your appointment. Many thanks!

- Supplements
- Avoiding Environmental Toxins
- Nourishment
- High Soluble Fiber Foods
- How to Find Mold in Your Home and What to do About It

We recommend getting started on the recommended Basic Supplements ASAP. They can be purchased through our office. You can stop by to pick them up, or we can ship them. Alternately, you can set up automatic monthly purchasing online through the manufacturer. Just ask us for instructions on how to do this.

If you have had previous Lyme testing, methylation genetic testing, and/or HLA-DR genetic typing for mold toxicity, please bring your test results with you to your first appointment.

If you have had previous treatment for Lyme and Tick Borne Diseases and/or mold toxicity, please bring a brief summary of previous treatments with notations as to which, if any, helped you feel better.

As part of our partnership, **I ask that you bring a typed list of all prescription medications and supplements to every office visit, including your first visit.** This ensures that we are both on the same page, as treatment regimens can become quite complex. This is best done by creating a Word or Excel file and updating it prior to each visit.

We also ask that you personally verify with your insurance that we are in-network for you. Dr. Brown does accept insurance, but every plan and every policy is different. If Dr. Brown is not in-network for you, please contact us about her self-pay rate.

Also, **please to not wear any scents or fragrances** (including essential oils, laundry and personal care products) to our office. Many of our patients and staff have chemical sensitivities.

Thank you for choosing us to support and guide you on your healing journey. We look forward to getting to know you and hearing your story.

Nancy, Lynn, and Cori