

Maharishi Integrative Medicine Consultations ***with*** ***Nancy K. Lonsdorf, MD***

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This consultation practice offers natural, holistic therapies for the prevention and treatment of chronic disorders. Evaluation and treatment are provided by Nancy Lonsdorf, M.D., a physician trained in Maharishi Ayurveda, nutrition and other natural approaches, with over 23 years experience with 20,000 patients.

Q and A: About Our Practice

ATTN: Please keep in mind that truly urgent needs (such as chest pain, sudden weakness or other urgent symptoms) should be addressed by an urgent care or emergency room physician, (i.e. call 911 or go to the emergency room) and should not be delayed until you can contact Dr. Lonsdorf.

Types of Care and Recommendations Offered

Dr. Lonsdorf's consultation practice offers natural, holistic therapies for the prevention and treatment of chronic disorders. Evaluation and treatment are provided by Nancy Lonsdorf, M.D., a physician trained in Maharishi Ayurveda, nutrition and other natural approaches, with over 20 years experience.

What kind of conditions does your practice address?

We address the prevention and treatment of any chronic condition, meaning any non-urgent, persistent health problem. Common examples are weight loss, high cholesterol, menopausal problems, menstrual difficulties, headaches, skin problems, anxiety, sleep disturbance, digestive problems, chronic pain, arthritis, fatigue, anemia, nutritional deficiencies, premature aging, etc.

If you are not sure whether we treat your condition, please feel free to contact us. If you require a more complete modern medical approach or prescription drug usage you will be recommended to see your modern medical doctor. If you do not have a medical doctor Dr. Lonsdorf can provide recommendations for specific practitioners in some instances.

What kind of conditions do you NOT address?

We do not evaluate or treat acute conditions such as injuries, colds, flu, acute kidney stones, gallbladder attacks, urinary tract infections or other acute infections.

For immediate evaluation and help with these conditions, it is recommended that you consult with your primary care physician, or seek immediate treatment at your local urgent care center or hospital emergency room.

What types of therapies will be recommended for my health condition(s)?

Maharishi Integrative Medicine utilizes natural approaches that support the body's own inner intelligence, the basis of all healing. Treatments include dietary, lifestyle, herbal, purification, stress reduction techniques, nutrition and approaches that directly rebalance and enliven the body's deepest level—the level of the unified field at its source. These technologies utilize subtle sounds or vibrations to restore balance and health.

What kind of help can you provide to support my health?

Your health condition will be evaluated according to the principles of Maharishi Ayurveda and will include an assessment of your current state of balance (according to dosha theory,) the presence of any impurities (ama), your digestive power (agni,) your overall strength and healing ability (ojas), and the contribution of mental, emotional, behavioral, dietary and environmental factors to your health condition.

You will be guided in natural approaches in each of these areas to help you become truly healthy and to minimize the need for modern medicine and its side-effects.

You may also wish to discuss a recent medical diagnosis, test results or treatment recommendations you have received from another doctor. Various alternative or adjunct natural treatments, and their appropriateness in your situation, will be discussed and explored.

Will Dr. Lonsdorf be my primary care physician?

Due to Dr. Lonsdorf's educational activities, she is limiting her practice to the natural approaches of Maharishi Integrative Medicine for chronic conditions only and will NOT be providing primary care services such as acute care (colds, flu, urinary tract infections, etc.), after-hours call, medication prescriptions, doctor's letters, physical exams, insurance or disability forms or letters, etc.

Can I get a prescription for blood-work or nutritional testing from Dr. Lonsdorf?

Blood-work, nutritional testing and other diagnostics may be ordered for you, or recommended through your local physician, depending on your individual needs

NOTE: Requests for prescriptions for laboratory tests and certain administrative requests made outside of a consultation are granted on an individual basis and are subject to a \$49 service charge payable at the time the service is provided. This same service would cost \$25 within a consultation.

If results are outside the normal range, a follow-up visit may be requested to discuss the results and receive a treatment program from the doctor.

What days are available for appointments?

Tuesday and Thursday appointments are currently available.

What should I bring to my consultation?

You will receive this information in the conformation email you will get after scheduling.

You will be asked to bring:

The completed version of any forms downloadable from the confirmation email you will receive after you schedule.

A list of all prescription medications you are taking, with dosage. (Or you may bring the actual bottles with original labels intact.)

A list of all supplements, herbs, hormones, vitamins, etc you are taking, with dosage. (Or the bottles with label intact.)

Copies of any laboratory reports of bloodwork, MRI, CT, ultrasound, etc. that relate to any condition(s) you wish to discuss. (It is not necessary to bring actual films.)

(For telephone consultations, please send these materials so they arrive at least one day ahead of time—by email or post.)

Consultation Fees

An additional visit may be required to discuss and receive recommendations for abnormal findings from lab reports.

While consultation fees include routine follow-up by email or phone for issues directly relating to the treatment program (see Follow-up Communication section below), more extensive post-consultation services such as research, consulting specialists and coordinating care are billable, subject to your prior approval, at \$135 per half-hour on a prorated basis.

Payment Options

ATTN: There is a \$5 discount for online scheduling and paying (coupon code: BLISS).

Major credit cards and personal checks are accepted.

Payment in full is due before or at the time of your consultation.

For telephone consultations, payment is by credit card only prior to consultation, in order to avoid attending to payment issues during your consultation.

For all consultations, you may leave your card number, name on the card, expiration date, and billing address on your credit card on the office's confidential voice mail at 641-469-3174. Billing will occur after your consultation.

Follow Up After Your Consultation

Close follow-up in the days and weeks following your consultation is valuable to ensure that your progress is smooth and that you get the best results from your treatment program. Your consultation fee includes phone contact with Dr. Lonsdorf for questions directly relating to the recommendations given in your consultation. However, additional issues or requests may incur additional charges or require a follow-up consultation, to properly address your questions or issues.

While consultation fees include routine follow-up by email or phone for issues directly relating to your recently recommended treatment program, more extensive post-consultation services such as research, consulting specialists and coordinating care are billable, subject to your prior approval, at \$195 per hour on a prorated basis.

Will I receive an insurance form to send in to my health insurance company?

At your request, we will provide a receipt for your doctor's visit that you can send in to your insurance company, or use for tax or Medical/Health Savings Account purposes. If your insurance covers doctors' visits to the physician of your choice, and you have met your deductible, it often will cover about one-third to two-thirds of your visit cost.

Please keep in mind that your insurance company alone determines whether and how much they will reimburse for your visit. We encourage you to consult your insurance company before your visit if you are concerned about coverage for your visit.

If you wish to check with your insurance company, it is usually sufficient to ask them if they cover office visits to a doctor who is "out-of-plan," or "not a preferred provider".

Your receipt will reflect the standard medical components of your visit such as the history, examination and assessment plan.

Re Medicare: We are sorry, but this practice has opted out of Medicare. It is therefore not possible for us to submit Medicare claims for our services. You may also not use insurance that requires you to first submit to Medicare and be rejected before they will cover any costs.

Re Telephone Consultations: Please Note: Insurance companies do not generally offer coverage for telephone consultations.

Re Nutritional Testing: Nutritional testing is often not covered by insurance. However, some nutritional and hormone tests might be covered by your insurance, or enable you to receive a reduced rate on the tests. This will be discussed at your visit, if nutritional testing is recommended.

How can I keep my appointment time down to a minimum? I am on a tight budget.

The following tips will help to make your appointment most efficient:

Let Dr. Lonsdorf know of your intention before the consultation begins.

Fill out and email, fax or mail your forms ahead of your appointment time so that Dr. Lonsdorf can begin to review and consider your issues in advance.

Along with the completed forms, provide a brief written summary (1 or 2 paragraphs) of the most important issue you wish to discuss, what you hope to gain from the consultation and any questions you have.

Limit your consultation to the most important health problem you have and save other issues for a future visit.

Appointment Confirmation

Please be sure the appointment time you requested by email or voice message has been confirmed through email or phone by Dr. Lonsdorf or her staff before coming for your appointment. Appointments made online are automatically confirmed by the Scheduling Site. Please follow the guidelines in your confirmation about what to prepare/bring to consultation.

Cancellation Policy

We kindly request at least 24 hour notice should you need to cancel or reschedule.

Policy Changes

Please note that the policies described in this practice brochure are subject to change without notice. It is advisable to consult this website periodically for the latest updates on her practice.