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# Rising Tide



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# Natural Medicine

50 Forest Falls Dr.  
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Dear Client:

Thank you for your inquiry into Rising Tide Natural Medicine. I hope that this will be a new and rewarding experience on your pathway toward health.

When you choose to make a commitment to improving your health, Liam McClintock, Naturopathic Doctor and Master of Acupuncture and Oriental Medicine, will strive to help you attain a more healthy state by encouraging your body's innate healing responses. This may be accomplished by applying any one, or combination, of several therapies. Dr. McClintock prefers to take the least invasive approach to helping a person feel better, using therapies which have a minimum of potential side-effects and maximum of potential effectiveness. Among the therapies that Dr. McClintock may use are classical homeopathic treatment, Chinese or Western herbal medicines, acupuncture, nutritional guidance and general naturopathic therapeutics.

Enclosed are the intake forms, please fill them out and return them at the time of your first appointment. Prior to scheduling a first appointment, we require a non-refundable deposit of \$25, which is applied to the fee of your first visit (cash, check, Visa or MC credit cards are accepted). The initial appointment can then be scheduled for a minimum of one full hour and costs an additional \$125. During this time, we will gain a detailed and thorough history and will perhaps conduct specific physical examinations if necessary. We will then recommend any combination of natural medicines, treatments, or lifestyle changes. For convenience, established patients may purchase medicines from our in-house dispensary if desired. Follow-up appointments are extremely important, so that we may measure your progress, tailor your treatments, and help take you a bit further along your pathway towards health. The duration of follow-up appointments (and therefore the cost) depends on how you are doing. It is also important that you realize that we specifically set appointment times aside to spend with you. Please be courteous and alter appointments with at least 48 hours notice so we may arrange to allow others to use the time. If you miss appointments without giving us the necessary 48-hour notice, we will require another deposit before scheduling future visits.

Insurance companies may have specific policies or riders which cover our services. If you are uncertain whether our services will be covered, we strongly suggest that you inquire with your insurance company before scheduling an appointment and get pre-approval in writing for your visits. We do not bill insurance companies, but will always supply you with a receipt of payment that you may submit for reimbursement from your health insurance company. All of our patients come for our services and pay at the time of the visit. Considering the amount of time and care we spend with them, most also find their visits to be a valuable investment in their health.

When you feel better, we feel better.

Sincerely,  
Liam McClintock, ND, MAcOM

**(Turn over for directions)**

From the South take I-295 North to Yarmouth to Exit 17. Go Left off the exit to Route 1 South. Follow Route 1 South to the second set of lights marked Forest Falls Drive. Take a Right and continue past several buildings on your left. After passing the Post Office on your left, turn in and park at the second building on your Left (50 Forest Falls Drive). Take the elevator or the stairs to the second floor (Sanctuary Holistic Health and Yoga Center). Follow signs to the shared reception/waiting area for Liam McClintock.

From the North take I-295 South to Yarmouth to Exit 17. Go Right off the exit onto Route 1 South. Follow Route 1 South to the second set of lights marked Forest Falls Drive. Take a Right and continue past several buildings on your left. After passing the Post Office on your left, turn in and park at the second building on your Left (50 Forest Falls Drive). Take the elevator or the stairs to the second floor (Sanctuary Holistic Health and Yoga Center). Follow signs to the shared reception/waiting area for Liam McClintock.

From the West hopefully you can manage to get to I-295 whatever way is easiest for you. From New Hampshire Lakes Region and North, many people take Route 25 East to I-95 (Maine Turnpike) North and take the exit for Freeport and Falmouth (Exit 52). After the toll, take a hard right toward Freeport and I-295 North and follow the directions from the South. An alternative more Southerly route that is mostly freeway is to head to Route 101 East (off of I-93 near Manchester, NH) to I-95 North to the Freeport and Falmouth exit (Exit 52). After the toll, take a hard Right toward Freeport and I-295 North and follow the directions above "From the South".