

Naturopathic Walk-in Clinic

Dr. Katia De Marco offers a walk-in style clinic at Evergreen Wellness to address your acute healthcare needs.

At the heart of naturopathic medicine is the goal of addressing the root causes of illness in a patient. To achieve this, naturopathic visits are often 60-90 minutes, which provides the time necessary to conduct a thorough health history. Gathering information on lifestyle, diet, exercise, sleep, and past medical history allows us to see a clearer picture of each person's individual story, and an understanding of not only what has brought a patient to their current state of health but also ultimately how to start addressing their health concerns. This is especially useful for more chronic or complex health issues, as well as patients with multiple health concerns.

Naturopathic medicine is also a great option for supporting you in your immediate healthcare needs.

EVERY Friday
10am - 2pm
~ 25-min. appointments

* We can direct bill to your Extended Health plan *

Appointments can be made over the phone or on a walk-in basis
(may have to wait, depending on availability for that day).

The Walk-In Clinic is here to support patients with singular health concerns such as:

- * **Cold and flu symptoms**
 - * **Headaches, migraines**
 - * **Insomnia and other sleep concerns**
 - * **Anxiety**
 - * **Allergies**
 - * **Eczema**
 - * **Urinary Tract Infections**
 - * **Yeast infections**
 - * **PMS**
 - * **Painful periods**
 - * **Low back pain**
 - * **Muscle and joint aches and pains**
- ... and any other acute, non-emergency health concern.

Treatment plans for your visit may include diet, herbal medicine and supplement recommendations. Acupuncture may be performed as part of your visit, if appropriate, as well as the addition of B12 or adrenal/stress support injections, if indicated.

Walk-in visits can also be used to review supplements being taken. Recommendations may include discontinuing or starting certain supplements, as well as recommendations for diet and further testing if necessary. For these visits, please bring with you your written list or pictures of supplements (including brand, ingredients, dose).

Returning patients, who wish to address a single specific concern, are also welcome to book during these walk-in clinic hours.

* If you are experiencing cold and/or flu symptoms, we can also book a phone or virtual appointment for you.