

There is some initial paper work to fill out, then I will get you registered in the system, after this I will start the process of understanding how to help you "be better".

Most people come to see me due to problems with Chronic Pain and/or Chronic Fatigue. Most of them have had multiple tests done, have been given multiple diagnoses, and have not, as yet, found a treatment that helps adequately... despite years of diagnostic testing and treatment.

I will often tell my new patients that I don't want to make any assumptions on the correct diagnosis. I want to keep an open mind. I want to consider all diagnostic possibilities. If what other clinicians have done or what someone thought was correct, odds are that they would be doing well and would not need me to evaluate them.

So, I start with the very basic raw data. I want to know every way that their "mind, body, or spirit is complaining". I want to know all of the symptoms they are most recently having. I also want to know all of what you are now taking, so... **It is very important you bring in the bottles of all of the Vitamins, Herbs, Supplements, or Medications of that you are now taking.**

My patients need me to try and fix what is happening now... not what happened a year ago, and is now gone. I am very interested in how the current symptoms started and what tests have been done to try and determine a cause. Events, symptoms, or medical problems in the past may be very important... however, the best place to start is what we need to try and get rid of, now.

I try very hard to get the accurate raw data as opposed to data that has been processed by opinion or impression. In my attempt to do this, the questioning can seem quite intense, as I try to tease out the accurate data. It would seem obvious, that a correct diagnosis requires accurate data.

The hard part about this is that the questioning can feel like an "interrogation" and may feel like I am implying that what the patient is telling me is inaccurate... this is not my intention, nor what I am thinking. I am always very sorry when someone has such a reaction. I try and avoid this. It is simply me trying to not fall down the same rabbit hole, or set of assumptions that may have kept a person from being given an accurate diagnosis. Please try and keep in mind that it is just me trying to get the best data to help you in the best way.

In examining the person, in their entirety... what they think is wrong with them, or what labels or diagnoses other clinicians have given them is very important.

In the 30 years that I have been doing this, "the devil is in the details". My experience is full of examples where one fact made all the difference in the world on how to help the patient.