



DeerFields Naturopathic

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Revitalize.
Restore.
Renew.



NATUROPATHIC MEDICINE

At DeerFields Clinic, we treat the whole person. Our Naturopathic Medicine approach combines natural therapies like lifestyle modification, nutritional support, supplements, detoxification, acupuncture, and bioidentical hormone therapy to address root causes and promote long-term wellness.

	DIGESTIVE HEALTH: IBS, GERD, Crohn's Disease, SIBO
	MENTAL & EMOTIONAL HEALTH: Anxiety, Depression
	HORMONAL HEALTH: Thyroid, Menopause, Fertility
	CHRONIC & AUTOIMMUNE: Arthritis, Lupus, Chronic Fatigue, Lyme
	SKIN & ALLERGIES: Acne, Eczema, Allergies
	GENERAL HEALTH: Migraines, Fatigue, Weight Management

DIAGNOSTIC & FUNCTIONAL TESTING

Our diagnostic services provide a comprehensive view of your health, revealing underlying issues that may go unnoticed in standard tests.

- Traditional Testing: Thyroid Panel, Inflammation Panel, Nutrient Panel, Urinalysis
- Functional Testing: Food Intolerance, Allergy Panels, Candida, GI Functional Markers, SIBO, Heavy Metals, Hormone Panels, Lyme testing, Genomics.

** Our naturopathic services are covered by most private health insurance plans.*



COMPLETE CARE

We're proud to introduce Complete Care, our comprehensive primary care service designed to meet your unique healthcare needs. This patient-centered program brings together the best of our current offerings, ensuring seamless, high-quality care tailored to your lifestyle. Whether you're managing chronic conditions, focusing on prevention, or optimizing wellness, Complete Care delivers the personalized support you deserve.

With the introduction of Complete Care, you now have access to comprehensive, ongoing primary care services through our dedicated team of healthcare professionals. This eliminates the need for a separate family doctor, as our program is designed to meet all your primary care needs seamlessly.

- ### WHAT'S INCLUDED IN COMPLETE CARE?
1. Support for diabetes, hypertension, asthma, and more
 2. Preventive care and early detection screenings
 3. Referral coordination to leading specialists
 4. Rapid response to illnesses such as colds, flu, or infections
 5. Care for minor injuries like sprains or cuts
 6. Short-term support for sudden conditions such as migraines or allergies
 7. Support for acute flare-ups of chronic conditions
 8. Vaccinations: Flu, pneumonia, and other essential immunizations
- ### COMPLIMENTARY ACCESS FOR VITALITY & LONGEVITY AND PREVENTIVE HEALTH CLIENTS





Age Well. Perform Better.

CANADA'S PREMIER INTEGRATIVE AND PRECISION HEALTH CLINIC

An integrative, personalized approach to achieving your optimal health and vitality

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NEW PATIENT ONBOARDING

STEP-BY-STEP

- 1

BOOK YOUR COMPLIMENTARY NEEDS ASSESSMENT AND MEDICAL INTAKE
- 2

COMPLETE YOUR COMPREHENSIVE HEALTH EXAM*
- 3

COMPLETE YOUR DEBRIEFING TO REVIEW RESULTS AND RECOMMENDATIONS
- 4

ENROL IN ONE OF OUR PRECISION PREVENTIVE HEALTH PROGRAMS

WHAT IS A COMPREHENSIVE HEALTH EXAMINATION?

The Comprehensive Health Examination (CHE) includes a structured history, physical examination and a panel of tests and investigations conducted by a qualified and experienced physician (MD) and a multidisciplinary team of licensed health care professionals that may include a Naturopathic Doctor (ND).

The purpose of the CHE is to identify preventable or modifiable lifestyle and medical health risk factors including biomarkers of cardiometabolic hormone balance and cellular aging.



STEP 1 MEDICAL EXAMINATIONS		
EXAM COMPONENTS	COMPREHENSIVE HEALTH EXAM (CHE)	COMPREHENSIVE HEALTH ASSESSMENT (CHA)
Preventive Medicine Consultation	●	●
Complete History	●	●
Physical Examination	●	●
Functional Inquiry	●	●
Comprehensive Lab Panel	●	●
Vital Signs & O2 Saturation	●	●
Body Composition	●	●
Preventive Health Report	●	●
Debriefing of Reports & Recommendations	●	●
12 Lead Resting Electrocardiogram	●	●
Comprehensive Lifestyle Assessment	●	
Abdominal & Pelvic Ultrasound	●	
Exercise Stress Test	●	
Cardiopulmonary Fitness Test (VO2 Max)	●	
Pulmonary Function Test	●	
Endothelial Function	●	
Arterial Stiffness Test	●	
Carotid Intima Media Thickness	●	
EchoNous Cardiac Scan	●	
Musculoskeletal Fitness Test (12 validated tests of physical strength and power)	●	
Functional Movement Screen (21 validated tests that predict risk of injury, inform prevention)	●	
FEE	\$3,495	\$2,295

¹ Lab tests are covered by OHIP only when medically necessary; uninsured lab tests NOT included in any program fees are the responsibility of the patient.

² Costs associated with supplement and prescription medications are NOT included in any program fees and are the responsibility of the patient.

STEP 2 PRECISION PREVENTIVE PROGRAMS			
PROGRAM COMPONENTS	VITALITY AND LONGEVITY PROGRAM (VLP)	PREVENTIVE HEALTH PROGRAM (PHP)	TPP/HPP
Program Onboarding	●	●	●
Access to Personalized Medications incl. Cardiometabolic Hormone Prescriptions	●	●	●
Access to Personalized Pharmaceutical-grade Supplements ²	●	●	●
Triannual Health Questionnaire	●	●	●
Triannual Lab Tests ¹	●	●	●
Triannual Reviews of goals & program changes	●	●	●
Triannual Reviews of Vital Signs	●	●	●
Triannual Reviews of Body Composition	●	●	●
Annual Comprehensive Lab Panel ¹	●	●	●
Annual Medical Assessment and Review	●	●	●
Annual Resting ECG	●	●	
Annual Endothelial Function	●	●	
Annual Arterial Stiffness Test	●	●	
Unscheduled Medical Requests ³	●	●	
Annual EchoNous Cardiac Scan	●	●	
Access to Concierge Services for Specialist Referrals ⁴	●	●	
Telemedicine Support (Mon - Fri 8:00 am - 5:00 pm)	●	●	
Complimentary Access to Complete Care	●	●	
Personalized Nutrition Guide & Resources	●		
Personalized Self-paced Exercise Program	●		
Stress, Sleep and Detoxification Coaching	●		
Nutrition and Fitness Coaching	●		
Weekly Coaching (Year 1 - Month 1)	●		
Bi-Weekly Coaching (Year 1 - Month 2 & 3)	●		
Monthly Coaching	●		
Introductory EWOT Sessions x 3	●		
Concierge CrossBorder Referrals ⁵	●		
Annual Personalized Supplement Consultation	●		
FEE	\$4,195	\$3,695	\$3,195

³ Prescriptions for pre-existing or on-going medical conditions are NOT included in the TPP or HPP programs and should be managed by your family doctor.

⁴ Referrals to specialists or additional testing when medically necessary are NOT included in the TPP or HPP programs and should be managed by your family doctor.

⁵ Does not cover prescription renewals or fees for lab tests, clinical testing, and consultations.

DeerFields is a multidisciplinary team practice using Conventional, Preventive, Precision, Integrative and Naturopathic Medicine to support your health goals through intensive lifestyle coaching, cardiometabolic hormone optimization, natural health products, detoxification and other therapies.

PROGRAM OUTCOMES

- slow biological aging process
- perform better
- optimize healthspan

YOUR NEXT STEPS

For general inquiries or to book a Complimentary Needs Assessment, call 416.253.9769 or email us at clinic@deerfields.ca.

Please visit our website for a complete list of our services.

BASE

MEDICAL EXAMINATIONS

PRECISION PREVENTIVE PROGRAMS

ADD-ONS

A LA CARTE SERVICES