



Village Centre for Integrative Medicine

We specialize in pro-active, preventative health care and treatment of chronic disease.

We are passionate about your health.

Our goal is to treat the root cause of disease
and to engage, nurture, and stimulate your
body's ability to self-heal and repair.

We can help with:

Autoimmune Disease

Sleep Issues

Pediatric Care

Skin Issues

Hormone Related Issues

Fertility

Neurological Issues

Cardiovascular disease

Gastrointestinal Disorders

Anxiety and Depression

Cancer Care

Fatigue, post viral fatigue issues

Chronic Infection

Pre-natal and Peri-natal care

Chronic Respiratory Issues

And much more...



Village
Centre
for
Integrative
Medicine

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Our Services and Fee Schedule

Naturopathic Medicine ^N

Dr. Tammy Grime, Bsc. Hons, ND and Dr. Sarah Bowler, Bsc. Hons, ND

To get started, you will need 2-3 appointments to complete the intake and assessment process and to get started on treatment. These appointments are booked together.

^N Initial Visit: Intake	60 minutes	\$240
Thorough information gathering and clarification of completed forms. Discussion of goals. Review of felt signs and symptoms, review of all body systems, health history, family history, physical exam, review of past testing, new testing recommendations, informed consent discussion, a few basics to start treatment. Note: The Initial Visit: Intake with Dr. Sarah Bowler is 90 minutes.		

^N 2nd Visit: Assessment	60 minutes	\$210
Completion of information gathering, and anything not completed in the initial visit. Physical exam, assessment and treatment plan overview. Beginning of phase 1 of treatment.		

Follow-ups generally occur every 3-8 weeks depending on acuteness and severity of symptoms. Recovery process takes between 6 months to 2 years, depending on your condition.

^N Follow-Up Visit	60 minutes	\$210	
	Monitoring progress, step by step changes in treatment over time as required to heal and support recovery.	45 minutes	\$160
	30 minutes	\$110	

^N Acute Visit	15 minutes	\$60
Acute infections, colds, flus, UTI's, dose response, check-in, clarifications.		

^N Counselling	60 minutes	\$185
Emotional Freedom Technique, Gestalt Psychotherapy, Mindfulness Based Cognitive Therapy, Meditation Instruction.		

^N Drug Prescription Fee (may require MD co-management)		\$20 - \$40
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Cancellation Policy for Consultations

We require 48 hours' notice for appointment changes or full fees for your appointment will be applied. If you are late for your appointment, you will be charged the full visit fee for the amount of time remaining.



Integrative Cancer Care C

Dr. Tammy Grime, Bsc. Hons, ND and ND and Dr. Sarah Bowler, Bsc. Hons, ND

NEW PATIENT PROCESS: Your first 2 appointments are booked together.

C Initial Visit: Intake	90 minutes	\$325
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Discussion of your goals for treatment. Outline of basic naturopathic treatment approaches and the process of care. Review of your diagnosis, discussion of current and past medical treatment and medications, full health history, family history. Review of recent labs, concurrent health concerns, medication side effects, current signs and symptoms, review of all body systems, lifestyle. Depending on the complexity of your case, an additional appointment may required to complete the intake.

C 2nd Visit: Treatment Plan Overview	60 minutes	\$225
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Completion of information gathering, analysis of lab testing, decisions for new lab testing, full case assessment, formation of treatment plan, informed consent: discussion of benefits, alternatives, costs, contraindications. Starting treatment with initial supplement plan and/or IV therapy plan. You decide on therapies you wish to proceed with. Discussion of cancer physiology and how we are working to support your body.

C 3rd Visit: Nutrition with Jolene Casella RHN	60 minutes	\$169 + Tax
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Case prep, practitioner collaboration. Determine specific dietary plan critical for achieving your health goals. Includes nutritional guidebook with meal plans and recipes. Your plan will be adjusted to the treatments you are undergoing.

C Follow-Up Visits	30 minutes	\$99 + Tax
	45 minutes	\$149 + Tax

Continued treatment implementation, monitoring your progress and treatment response, caring for oncology treatment side effects. Step by step repair of comorbidities, if possible.

Holistic Nutrition Services

Jolene Casella RHN

Nutrition Consultation		
Intake	90 minutes	\$199 + Tax
Follow-Up Visits	30 minutes	\$99 + Tax
	45 minutes	\$149 + Tax
	60 minutes	\$169 + Tax



Holistic Nutrition Bundles

3 Session		\$379 + Tax
Session 1: Intake	90 minutes	
Session 2: Recommendations	60 minutes	
Session 3: Follow-up	30 minutes	
5 Session		\$499 + Tax
Session 1: Intake	90 minutes	
Session 2: Recommendations	60 minutes	
Session 3, 4 & 5: Follow-up	45 minutes	

Customize your Nutrition Bundle with the following add-ons...

These add-ons are also offered as individual sessions.

Market/Grocery Store Excursion Additional fees may apply depending on travel.	90 minutes	\$169 + Tax
In-home Pantry/Fridge/Freezer Assessment Additional fees may apply depending on travel.	120 minutes	\$199 + Tax
Additional Recipes, Menu Planning and Shopping Lists Further to those provided in the Nutrition packages.		\$99 + Tax

Emotional Freedom Technique (EFT)

Dr. Tammy Grime, BSc. Hons, ND

EFT Session	60 minutes	\$140
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Helps to re-wire and release subconscious patterning and wounds.

IV Nutrient Therapies

Dr. Tammy Grime, BSc. Hons, ND

IV Therapies Screening Intake Appointment	45 minutes	\$160
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For patients who wish to receive IV care only. We will go through your health history, health concerns and reasons for care, determine safety, need for lab testing and create a personalized IV protocol for you.

This appointment is required for ALL referrals for IV Ozone Therapies

You do not require this appointment if you: 1) Have an appropriate IV Nutrient Care Plan from an IV Certified ND or (2) Are already receiving complete naturopathic care at VCIM.



IV Nutrient Therapies *continued*

We are required by law to divide the IV treatments in two parts, the IV Insertion Fee and the IV Formula (Drug Fee). When factoring the total cost of an IV treatment be sure to add the IV Insertion fee to the cost of the specific IV Formula.

1) IV Insertion Fee Includes IV bag compounding, insertion, monitoring, nursing fee	\$80
Additional PortaCath Access Fee: Sterile Technique, Medical supplies.	\$30
PICC line Access: For pre and post flushing and locking.	No charge

2) IV Formulas			
High Dose Vitamin C		50g	\$75
		60g	\$85
		75g	\$95
Heavy Metal Detox			\$50
Amino Acids	Carnitine, taurine, glycine, glutamine, lysine, etc. complete amino acid formulation.		Add \$2/ml
High Dose Glutathione Stand-alone treatment		50cc bag	\$50-70 + Insertion Fee
Glutathione (Added) Combined with other IVs		7-10cc/ 1400-2000mg	\$45
		20cc/ 4000mg	\$70
Mistletoe (Helixor)		1-10 ampoules	\$28/amp + \$25 saline bag
Immune Support	B's, zinc, selenium, 15g of C, HCl push. More C can be added.		\$55
Adrenal and Energy Recovery	Combinations of b5, b6, b12, b2, bcomplex, adrenal formula, magnesium, calcium, zinc, selenium, vitamin C, carnitine.		\$55
Full Nutrient Repletion	All B's, Minerals, Trace Minerals, Amino Acids including glutamine, Vitamin C.		\$85



Mood Minder	Base vitamins plus glycine, taurine, amino's, extra b6, thiamine, molybdenum, pasconal.		\$85
Surgery Preparation and Recovery	Base vitamins plus amino acids, Traumeel, Lymphiaral.		\$95
Heart Health	Base vitamins plus taurine, carnitine, coq10, mag, cal.		\$65
Radiation Recovery	Base vitamins, 30g C, bicarb, selenium, zinc, 10cc glutathione.		\$105
ALA (Alpha Lipoic Acid)	For anti-cancer support, neuropathy.		\$60

AND MORE!

Base formulas individualized to each patient.

Formulations are made daily at the beginning of the IV shift.

Cancellation Policy for IV Treatments

IV bags are made-up prior to your visit. If you cancel or cannot make the appointment, you will be charged a Wasted Bag Fee of either \$40 - \$80 depending on the type of IV bag.

Intramuscular Shots

Shots		
B12	5mg Methylcobalamin and Folic Acid (1mg Methyl Folate)	\$25
Energy	2.5mg Methylcobalamin, 1ml Adrenal b formulation, 0.5ml Carnitine	\$35
Slim	2ml of MIC, 2.5mg B12, 0.5cc Carnitine	\$35
Calm	Adrenal Bs, Glycine, Taurine, B6	\$35
Vitamin D	Vitamin D	\$35

Nebulized Glutathione

Inhalation Therapy	\$40
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For bad coughs, pleural effusions, cancer mets to lungs, sinus infections, etc.



Ozone Therapies

Ozone Treatment: Intake Appointment	45 minutes	\$160
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For patients who do not need complete naturopathic care, but wish receive ozone therapies only. We will go through your health history, health concerns and reasons for care, determine safety, need for lab testing and create a personalized IV protocol for you. You do not require this appointment if you are already receiving complete naturopathic care at VCIM.

Ear	\$30	Major Autohemotherapy	\$80
Sinus	\$35	Minor Autohemotherapy	\$99
IV Ozonated Saline	\$80	if added on	\$85
Rectal Insufflations	\$60	Prolozone (per shot)	\$150
Hyperbaric "10-Pass"	\$595	Package of 10 treatments for \$4950	

Ozone/Oxygen therapies are particularly useful for: acute and chronic infections, fatigue, and chronic fatigue, tissue repair, injury, arthritis, cardiovascular disease, diabetes, cancer care, anti-aging, auto-immune diseases, ulcerative colitis, macular degeneration and more.

Other Therapies

Bowen Therapy Intake with Dr. Tammy Grime	60 minutes	\$140
Bowen Treatment	60 minutes	\$140

Bowen is a gentle, hands on body realigning and reorganizing technique used for many physical ailments such as back pain, disc bulges, joint issues, arthritis, knee issues, hip issues, headaches, and more.

Facial Acupuncture with Dr. Sarah Bowler: Initial	75 minutes	\$210
Follow-up	45 minutes	\$110

For facial rejuvenation, and anti-aging

Full Body Acupuncture with Dr. Sarah Bowler: Initial Following your Initial Naturopathic Assessment	75 minutes	\$210
Follow-up	45 minutes	\$110

Physical Exam/Wellness Check with Dr. Sarah Bowler	45 minutes	\$100
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We will spend time going over consent for the process, a brief health history, any further tests we recommend and perform the physical exam. Note: Tests ordered by ND's must be paid out-of-pocket.

Therapeutic Conversation with Alison Crosthwait: Initial	60 minutes	\$220
Follow-up	50 minutes	\$200

Explore your mental and emotional challenges and the context for them. Receive tools to support you in relaxation and self-discovery. Set intentions for future work.



Lab Testing

Standard Blood Work

We have access to all standard lab tests through LifeLabs although testing is NOT covered by OHIP when ordered by an N.D.

LifeLabs Processing and Documentation Fee \$30

Other fees, depending on the type of test (electrolytes to complete thyroid panels, PSA, H. Pylori breath test, etc.) Per test charges range from \$3 - \$100

Functional Medicine Testing/ICL Lab Tests

Comprehensive Digestive Stool Analysis and Parasitology Testing	GI Map Test
SIBO	Food Sensitivity Testing
Heavy Metal Toxicity Testing	DUTCH Testing: Complete hormone and hormone metabolism, reproductive hormones, adrenal hormones, melatonin, dopamine etc.
Genetic Testing: now available direct to patient	Neurotransmitter Testing via Organic Acid Testing
Environmental Toxicity Testing: mold, solvents	Organic Acid Testing

On-site Testing

Terrain Testing (Live Blood Analysis)	60 minutes	\$150
	Repeat	\$100

A small sample of blood is visualized under a microscope. It shows us the level of efficiency of your organ systems, including congestion of systems eg liver, lymphatic, cellular health, deficiencies, oxidative stress levels, acidity, leaky gut, low level inflammation, toxic burden etc, and helps elucidate underlying causal factors.

We love your health!

Should you have any questions, please give us a call and we will be glad to assist.