



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	Gastrointestinal Disorders
Sleep Issues	Anxiety and Depression
Pediatric Care	Cancer Care
Skin Issues	Fatigue, post viral fatigue
Hormone Related Issues	issues Chronic Infection
Fertility	Pre-natal and Peri-natal care
Neurological Issues	Chronic Respiratory Issues
Cardiovascular disease	And much more...



Village
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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, Dr. Taylor Blixt, Bsc., 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 \$250 - Dr. Grime | 90 minutes \$240 - Dr. Bowler/Dr. Blixt

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 with. *if booking with Dr. Sarah Bowler, ND, your initial intake will be 90 minutes.

^N **2nd Visit: Assessment** 60 minutes \$250 - Dr. Grime | 60 minutes \$210 - Dr. Bowler/Dr. Blixt

Completion of information gathering, and anything not finished 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** 45 minutes \$190 - Dr. Grime | 45 minutes \$160 - Dr. Bowler/Dr. Blixt

30 minutes \$125 - Dr. Grime | 30 minutes \$110 - Dr. Bowler/Dr. Blixt

Monitoring progress, step by step changes in treatment over time as required to heal and support recovery.

^N **Acute Visit** 15 minutes \$70 - Dr. Grime | 15 minutes \$60 - Dr. Bowler/Dr. Blixt

Acute infections, colds, flus, UTI's, dose response check-in, clarifications.

^N **Drug prescriptions:** MD co-management fee may be required \$20-\$40

Cancellation Policy for Consultations

We require 2 business days 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 Dr. Sarah Bowler, Bsc. Hons, ND

NEW PATIENT PROCESS: Your first 3 appointments are booked together

^C Initial Visit: Intake

90 minutes \$375

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 be required to complete the intake.

^C 2nd Visit: Treatment Plan Overview

60 minutes \$250

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

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

45 minutes \$190

30 minutes \$125

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

Multi-Session Packages

3 Session Package + Check-ins, as needed

\$379 + Tax

Session 1: Intake

90 minutes

Session 2: Recommendations

60 minutes

Session 3: Follow-up

30 minutes

5 Session Package + Check-ins, as needed

\$499 + Tax

Session 1: Intake

90 minutes

Session 2: Recommendations

60 minutes

Session 3, 4 & 5: Follow-up

45 minutes



Individual Nutrition Sessions

One-off Nutrition Sessions can be included in Multi-Session Packages at a reduced rate. Sessions are offered in-person, virtually or by phone. Check-ins are offered by email or phone. Sessions times are maximums and may be shorter when appropriate.

Intake Appointment	90 minutes	\$199 + Tax
Follow Up Appointments	60 minutes	\$169 + Tax
	45 minutes	\$149 + Tax
	30 minutes	\$99 + Tax
Market/Grocery Store Excursion	90 minutes	\$169 and up + Tax (depending on travel)
In-home pantry/fridge/freezer assessment	120 minutes	\$199 + Tax
Additional recipes, menu planning and shopping lists		\$129 + Tax

(Further to those provided in the Nutrition packages.)

Emotional Freedom Technique (EFT)

Dr. Tammy Grime, BSc. Hons, ND

EFT Session	60 minutes	\$250
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Helps to re-wire and release subconscious patterning and wounds.

Nebulized Glutathione

Inhalation Therapy

For bad coughs, pleural effusions, cancer mets to lungs, sinus infections, etc.

\$40



IV Nutrient Therapy and Injection Services continued

Dr. Tammy Grime, BSc. Hons, ND

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 - Single Insertion (1 IV bag)	Both include IV bag compounding, insertion,	\$85
IV Insertion Fee - Double Insertion (2 IV bags)	monitoring & nursing fees	\$105
Additional PortaCath Access Fee: Sterile Technique, Medical supplies.		\$30
PICC line Access: For pre and post flushing and locking.		No charge

2) IV Formulas including medical supplies			
High Dose Vitamin C		40g	\$65
		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
Glutathione (Added) Combined with other IVs		7-10cc/ 1400-2000mg	\$50
		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			
Formulations are made daily at the beginning of the IV shift. Base formulas individualized to each patient.			

Intramuscular Shots

Shots		
B12 Shot	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

Ozone/Oxygen Therapies

Ear	\$30	Major Autohemotherapy	\$80
Sinus	\$35	Minor Autohemotherapy	\$99
IV Ozonated Saline	\$80	if add on	\$85
Rectal Insufflations	\$60	Prolozone (per shot)	\$150
Hyperbaric "10-pass"	\$595	Hyperbaric "5-pass"	\$395

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.

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 \$40-\$80, depending on the type of IV bag.

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Other Therapies

Bowen Therapy Intake with Dr. Bowler	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. Bowler: Initial	60 minutes	\$210
Facial Acupuncture treatment: Follow-Up	45 minutes	\$110

For facial rejuvenation, and anti-aging

Full Body Acupuncture with Dr. Bowler: Initial Following your initial Naturopathic Assessment	75 minutes	\$210
Acupuncture, Full Body: 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.

Reiki and Acupuncture with Dr. Blixt: Initial	75 minutes	\$210
Reiki and Acupuncture with Dr. Blixt: Follow Up	45 minutes	\$110

Therapeutic Conversation with Alison Crosthwait: Initial	60 minutes	\$220
Therapeutic Conversation: 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 Life Labs; however, testing is NOT covered by OHIP when ordered by an N.D.

Life Labs Processing and Fee for Blood Draw \$30

Other fees, depending on the type of test per test charges
(e.g. electrolytes to complete thyroid panels, PSA, H. Pylori breath test, etc.) range from \$3-\$120

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 testing, 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) with Jolene Casella	60 minutes	\$150
	Repeat test	\$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.