

Fee Schedule

Naturopathic Medicine:

Initial Office Visit:

- 1) Patients new to Women's View Medical (65 minutes) / \$165
- 2) Patients already established with Women's View Medical (50 minutes) / \$125

Return Office Visit

- 1) High complexity follow-ups or conditions not previously treated (50 minutes) / \$100
- 2) Routine Follow-ups for previously discussed conditions (35 minutes) / \$80

****First Line Therapy (FLT):**

First Visit: Patients specifically referred for FLT (40 minutes) / \$95

Return Visits:

- 1) Weekly or biweekly follow-ups (15 minutes) / \$45
- 2) All other FLT follow-ups (25 minutes) / \$65

**All FLT fees include BIA Testing (valued at \$25)

Insurance: Payment is expected at the time of service, however we will gladly provide you with the necessary forms to request reimbursement from your insurance plan. More and more insurance companies are providing reimbursement for Naturopathic Doctors.

Conditions that can be treated with Naturopathic Medicine

- ADD/ADHD
- Allergies
- Arthritis
- Asthma
- Autoimmune Conditions
- Chronic Colds
- Depression/ Anxiety
- Diabetes/ abnormal blood sugar
- Digestive problems
- Eczema/acne
- Fibromyalgia / CFS
- Headaches/ migraines
- Heart Disease
- Hypertension
- Menopause
- Menstrual irregularities
- Obesity
- Osteoporosis
- Thyroid Disease
- Chronic UTI / Vaginitis

What is First Line Therapy?

First Line Therapy is a “therapeutic lifestyle program” that provides individualized sessions on health education, optimum nutrition plan, exercise prescription, appropriate nutritional supplementation, and stress management.. Many health problems such as heart disease, obesity, diabetes, and hormone related conditions can be prevented or treated through adopting a healthier lifestyle, which includes a medically supervised weight loss program.



Naturopathic Medicine & First Line Therapy

Dr. Lena Kian, ND
Naturopathic Doctor



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What is a Naturopathic Doctor?

Naturopathic Doctors are part of a distinct system of primary healthcare and provide a wide variety of natural and conventional medicines. They are trained in a four-year post graduate residency program, with extensive work in natural therapeutics, in addition to the standard medical curriculum. They utilize treatments such as lifestyle counseling, clinical nutrition, botanical medicine, homeopathy, physical medicine, and exercise therapy, and work with the body's inherent ability to heal itself.

Naturopathic Doctors spend adequate time with patients to thoroughly diagnose and treat the underlying causes of illness. They take to account a broad range of factors contributing to health and disease, including physical, mental, emotional, spiritual, genetic, and environmental factors, and emphasize education and prevention. They co-manage with other primary care doctors and specialists as a part of an integrative health care team.

For additional resources please visit www.naturopathic.org and www.calnd.org.



About Dr. Kian



Dr. Lena Kian is a California Licensed Naturopathic Doctor. She received her Doctorate of Naturopathic Medicine from Bastyr University, known internationally as one of the leading institutions in the field of natural medicine. Prior to this, she received her Bachelor of Science Degree in Biopsychology from the University of British Columbia in Canada.

Dr. Kian specializes in the prevention, treatment, and management of chronic conditions such as diabetes, heart disease, digestive disorders, allergies, hormonal imbalance, and stress related conditions. Her philosophy is that given the opportunity, the body has an innate power to heal itself.

"The doctor of the future will give no medication, but interest patients in the care of the human frame, in diet, exercise, and in the cause and prevention of disease."

~Thomas Edison

Services Offered

Naturopathic Medicine

- Using natural therapies for the treatment and management of a broad range of health conditions affecting all people of all ages.

First Line Therapy:

- An individualized therapeutic lifestyle program (see other side for more information)

Specialized Testing:

- Standard and Specialized Blood Chemistry Panel (cardiac & diabetes risk, adrenal stress test, digestive stool analysis)
- Female and Male Hormone Panel
- Food Allergy / Heavy Metal Toxicity
- Body Composition Testing (BIA)
- Arterial Elasticity Testing (AEI)
- Bone Mineral Density Testing (DEXA)

Natural Alternatives to Prescription Drugs:

- Vitamins & Minerals
- Herbal Formulas
- Medical Foods
- Natural Hormones