



LOTUS HOLISTIC MEDICINE

Dr Sandeep Gupta MBBS MA FRACGP FACNEM
5/13 Norval Court, Maroochydore QLD 4558

Ph: 07 5313 3577
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New Patient Enquiry Form – Adult

This form is an editable word document – text can be added wherever you see the grey fields.

Please fill out the following information and save the document using your own name as the new file name, then email the form back to us at admin@lotusholisticmedicine.com.au

We will contact you within 7 days (usually much sooner) to advise if Dr Gupta feels his areas of expertise are a good match for the issues you are seeking to address.

An individual form is required for each new patient enquiry.

Full Name:

Date of Birth:

Address:

Mobile Phone:

Home Phone:

Email:

1. Current Health Concerns/Symptoms/Diagnosed Conditions:

2. Goals you hope to achieve from seeing Dr Gupta:



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3. On a scale of 1 to 5 how committed are you to achieving optimal health using a truly holistic approach?

A holistic approach to improving health and wellbeing may include, but is not limited to the following; changing your diet, taking nutritional supplements, remediating your environment, learning how to effectively manage stress, addressing current and/or past traumas or emotional issues and taking a high level of personal responsibility for achieving the outcomes you wish to achieve.

Please rate on a scale of: 5 (very willing/confident) to 1 (not willing/confident).

In order to improve your health, how willing are you to:

Significantly modify your diet?

Very willing/confident 5 4 3 2 1 Not willing/confident

Clean up your home environment from a mould/electromagnetic (EMF) perspective?

Very willing/confident 5 4 3 2 1 Not willing/confident

Modify your lifestyle? e.g. work demands, sleep timing, rest

Very willing/confident 5 4 3 2 1 Not willing/confident

Take multiple nutritional supplements each day?

Very willing/confident 5 4 3 2 1 Not willing/confident

Learn and practice relaxation, emotional release or stress release techniques if required?

Very willing/confident 5 4 3 2 1 Not willing/confident

Perform regular detox techniques? e.g. saunas, enemas, epsom salts baths

Very willing/confident 5 4 3 2 1 Not willing/confident

Engage in regular gentle exercise?

Very willing/confident 5 4 3 2 1 Not willing/confident

Return for regular 2 – 3 monthly progress appointments?

Very willing/confident 5 4 3 2 1 Not willing/confident

Invest time into educating yourself about the first causes of health problems?

Very willing/confident 5 4 3 2 1 Not willing/confident

How confident are you of your ability to organise & follow through on the above health related activities?

Very willing/confident 5 4 3 2 1 Not willing/confident

If you are not confident of your ability, what aspects of yourself or your life lead you to question your capacity to fully engage in the above activities?

4. How did you hear about us?

FACT AND DISCLOSURE SHEET

The purpose of this fact sheet is to explain Dr Gupta's qualifications, methods of diagnosis and management, and some of his clinic's policies and procedures so as to assist with your decision to become a client of the clinic.

- 1. Qualifications.** Dr Sandeep Gupta qualified with a Bachelor of Medicine and Surgery (MBBS) from the University of Queensland in 1999. He completed a Fellowship of the Royal Australian College of General Practitioners (FRACGP) in 2010 and a Fellowship with the Australasian College of Nutritional & Environmental Medicine (ACNEM) in 2009. He has also completed a Masters in Raw & Living Food Nutrition through the University of Integrated Science in California, USA. He has certificates in Functional Medicine, Metabolic Typing, Quantum Reflex Analysis (a form of kinesiological assessment) and Injectable Nutrient Therapy and is certified in the Shoemaker Protocol for the treatment of biotoxin illness.
- 2. Fees.** Dr Gupta's fees at his Sunshine Coast Clinic are \$70 per 10 min block and are \$90 per 10 min block at the Sydney Clinic. i.e. A standard intake consultation of 1.5 hours' duration at the Sunshine Coast clinic is \$630.00 and \$810.00 at the Sydney clinic. Intake consultation duration may range between 1 hour and 2 hours, depending on the complexity of your health issues. Medicare rebates are available and generally are an Item 44 (currently \$108.85) for a consultation over 40 min, Item 36 (currently \$73.95) for a consultation over 20 min and Item 23 (currently \$38.20) for a consultation under 20 min. Occasionally other item numbers such as chronic health condition item numbers can be used and attract a greater Medicare rebate. Those who have a high spend on out-of-pocket medical fees in a calendar year may attract a higher Medicare rebate under the Medicare Safety Net scheme. Brief email questions clarifying a treatment regime are not charged for, however extensive emails or those requiring extensive replies or anything over a brief clarification or results phone call are charged at the usual consultation rate. No Medicare rebates apply to email or telephone consultations. Dr Gupta's fees per 10 min slot are standard for general practice in Australia. However, the total cost of a consultation may be higher than most people are used to paying, due to the long and comprehensive nature of the consultations. While a standard consultation in most practices is 10 - 20 mins, at Lotus Holistic Medicine it is 30 - 90 mins. Basically, this means this practice is a specialised medical clinic for those needing/seeking and willing to invest in a comprehensive and safe holistic medical program. If you are experiencing financial difficulty we encourage you to make this known to Dr Gupta so that your needs can be taken into account.
- 3. Consult format and methods of diagnosis.** Generally, Dr Gupta recommends a 90-min initial intake consultation. For especially complex cases Dr Gupta may request a 2-hour initial intake consultation. Follow up consultations are recommended every 1 - 3 months and these are usually 30 – 60 mins in length. Dr Gupta utilises all conventional medical methods such as history taking, physical examination and conventional blood tests, imaging and specialist reviews. However, he also uses some additional diagnostic modalities such as hair mineral analysis (HTMA), Visual Contrast Sensitivity (VCS) Testing, Quantum Reflex Analysis (a form of kinesiological assessment) and Oligoscan. These latter forms of assessment are considered outside the parameters of conventional medicine but considered by Dr Gupta to be very useful additional tools.

4. Treatment protocols. Dr Gupta's treatment plans include all of conventional medicine's tools such as medications, surgery and other procedures when necessary, however also include following a tailored dietary regime, taking multiple nutritional supplements, getting sufficient sleep, exercising regularly, exercising and partaking in specific detoxification procedures. The latter forms of treatment are generally considered outside the parameters of conventional medicine however considered by Dr Gupta to be extremely beneficial to the vast majority of people.

5. Acknowledgement by potential client. I have read the above fact and disclosure form and understand the nature of Dr Gupta's practice as described in Points 1 – 4 listed above.

I have the following questions about Dr Gupta and his clinic:

I am willing to have the following diagnostic and assessment procedures performed on me (please check the box for these tools to be considered in your case. These will be only used if considered to be beneficial in your case by Dr Gupta):

- Quantum Reflex Analysis - (QRA - a form of kinesiological assessment)
- Autonomic Response Testing - (ART- another form of kinesiological testing)
- Oligoscan Tissue Mineral Metal Analysis.
Hair Tissue Mineral Analysis - (HTMA)

To sign this form electronically, place a slash before and after your name as: /client name/

Signed:

Full name:

Date: