



Dr. Susan L. Marra
11782 Sand Point Way NE
Seattle WA 98125
Phone: 206-299-2676 Fax: 206-547-0925

OFFICE GUIDELINES

Monday: 9:00 am – 5:00 pm PST
Tuesday: 9:00 am – 5:00 pm PST
Wednesday: CLOSED
Thursday: 9:00 am – 5:00 pm PST
Friday: 9:00 am – 5:00 pm PST

OFFICE VISITS:

PLEASE BE ON TIME WITH YOUR PAPERWORK FILLED OUT COMPLETELY BEFORE YOU ARRIVE TO THE OFFICE. THIS IS TO ENSURE FAIRNESS TO BOTH OTHER PATIENT'S WHO COME FROM FAR AWAY AND MAY NEED TO CATCH FLIGHTS, AND TO DR. MARRA. EVERYONE'S TIME IS VALUABLE, SO PLEASE SHOW CONSIDERATION. MINDFULNESS OF THE NEEDS OF OTHERS IS A BASIC PRINCIPLE OF THIS OFFICE.

1. If someone can accompany you to your office visit, we highly recommend this so both of you can digest the information received. Otherwise, it can be and feel overwhelming.
2. Please bring a notebook to your office visits to write down answers to any questions that you may have.
3. Please bring a list of your questions with you to your office visits. We find this helps both you and Dr. Marra to be organized and thoughtful with regards to formulating your treatment plan.
4. The first office visit will entail a detailed history taking, physical exam, and suggestions to necessary laboratory work. All lab work needs to be done at either a Quest or Labcorp facility, preferably in the Nordstrom Tower on Madison Street in Seattle. About 4 weeks after your blood has been drawn, a second visit will occur. **Please remember to have your blood work done on a Monday, Tuesday or Wednesday to ensure appropriate shipping time, otherwise your blood samples may end up sitting in a post office and the serum will not be useful for assay use.**
5. The second office visit is a detailed review of your laboratory work. Discussion of a treatment plan will occur and be implemented at this time.
6. Roughly 2-4 weeks later, depending on the patient and the severity of the disease, in question, patients will return for another office visit to review progress. Subsequent office visits will then be determined based on the individual needs of each patient.

OFFICE RULES:

1. Please refrain from wearing any scented products into the office as patients are often chemically sensitive and simply cannot tolerate odors.
2. Please be bathed and clean when coming to an office visit.
3. Please be mindful of other patients in the office as many patients have special needs (i.e. wheelchairs, walkers, etc.).
4. We strongly recommend muscle toning at least 2 days/week for 20-minutes per session. If this is not physically possible, 20-minute walks 3 – 4 times/week to keep your body moving is recommended.
5. We strongly recommend that patients refrain from alcohol use, smoking and recreational drugs during treatment.
6. We strongly recommend that patients avoid the Lyme vaccine (Lymerix).
7. We recommend as much rest and sleep as possible without distractions (i.e. TV, Phones, Tablets, etc.) when going through treatment. This allows ample opportunity for the body to heal from infection and allows the brain to be calm.
8. Patients should try to stay warm and dry with plenty of blankets to avoid chilling.
9. A diet rich in vegetable broths, herbal teas, brown rice and vegetables is advised for all patients. The idea is to “alkalize” the body for maximal healing to take place. **AVOID WHEAT, DAIRY and SUGAR** at all costs, as these are generally inflammatory foods. For a good cookbook, please see the “recommended reading” section of our website www.drSusanMarra.com and look for “Recipes for Repair”, “Nourishing Traditions” and “Clean Food”.
10. Elimination through bowels, bladder and sweating and breathing is essential for detoxification and to prevent complications while in treatment. Therefore we encourage prunes, senna, 8 – 10 (16 oz.) glasses of water per day with some form of sweating daily. Some patients may require colonics to aid the detoxification process.
11. Patients should try to keep their healing environment full of warm, soft colors with natural light if possible. This includes plants and flowers in the immediate surroundings.
12. The caregiver(s) should be cheerful, peaceful, attentive, and observant while encouraging love and respect to promote the profound healing wisdom of the body.
13. **PATIENTS WILL NOT BE PERMITTED TO GO LONGER THAN 8 WEEKS WITHOUT A FOLLOW UP VISIT, SKYPE OR PHONE CONSULT.** It is important in the healing process to check in with Dr. Marra fairly regularly. This is also a medical legal issue that we enforce in the practice.
14. In an effort to conserve time and energy when calling the office, **PLEASE LEAVE YOUR NAME, PHONE NUMBER (with area code) and A BRIEF MESSAGE.** All calls will be returned by the end of each business day, or latest next business day.
15. Prescriptions will be filled for 2 months **ONLY** at a time. No other refills will be dispensed until a proper follow up appointment has occurred. This is to protect both you and Dr. Marra, as this is also a medical legal issue.

PLEASE DO NOT PHONE THE OFFICE FOR YOUR TEST RESULTS, AS THEY WILL NOT BE GIVEN TO YOU OVER THE PHONE OR MAILED TO YOU DIRECTLY, UNLESS PREVIOUSLY DISCUSSED WITH DR. MARRA.

ALL TEST RESULTS ARE TO BE REVIEWED WITH DR. MARRA AND COPIES WILL BE GIVEN TO YOU OR MAILED TO YOU AFTER AN APPOINTMENT WITH DR. MARRA.

IF THERE ARE ANY LABORATORY VALUES THAT NEED IMMEDIATE ATTENTION, DR. MARRA WILL TELEPHONE YOU.

Adherence to these guidelines is both appreciated and enforced in the office. We are truly interested in your well-being and through Dr. Marra's personal and clinical experience, that the above rules actually optimize your healing experience.

I HAVE READ, UNDERSTOOD AND HAVE RECEIVED A COPY OF THE OFFICE GUIDELINES:

Patient's Signature: _____ **Date:** _____

Parent/Legal Guardian Signature: _____ **Date:** _____

Parent/Legal Guardian Signature: _____ **Date:** _____

Physician Signature: _____

Date: _____