



*Susan L. Marra MS, ND*

## Office Hours

**Monday: 10am – 6pm PST**  
**Tuesday: 10am – 6pm PST**  
**Wednesday: by appointment only**  
**Thursday: 10am – 6pm PST**  
**Friday: 10am – 6pm PST**

### Office Visits:

**PLEASE BE ON TIME WITH YOUR PAPERWORK FILLED OUT COMPLETELY BEFORE YOU ARRIVE TO THE OFFICE. THIS IS TO INSURE FAIRNESS TO BOTH OTHER PATIENT'S WHO COME FROM FAR AWAY AND MAY NEED TO CATCH PLANES, 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, I 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 might have.
3. Please bring a list of your questions with you to your office visits. I find this helps both you and me 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 in Seattle. About 4 weeks after you're 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 you 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.
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

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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. I strongly recommend muscle toning at least 2 days/week for 20 minute sessions. If this is not physically possible, 20 minute walks to keep your body moving 3-4 times/week is recommended.
5. I strongly recommend that patients refrain from alcohol use during treatment.
6. I strongly recommend that patients refrain from smoking during treatment.
7. I strongly recommend that patients avoid the Lyme vaccine (Lymerix).
8. I recommend as much rest and sleep as possible without distractions (i.e., TV, iPod, etc...) when going through treatment. This allows ample opportunity for the body to heal from infection and allows the brain to be calm.
9. Patients should try to stay warm and dry with plenty of blankets to avoid chilling.
10. 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, see the reading section of this website and look for "Recipes for Repair". Other good cookbooks include "Nourishing Traditions", and "Clean Food".
11. Elimination through bowels, bladder and sweating and breathing is essential for detoxification and to prevent complications while in treatment. Therefore I encourage prunes, senna, 8-10 16oz glasses of water per day with some form of sweating daily. Some patients may require colonics to aid the

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detoxification process.

12. 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.
13. The caregiver(s) should be cheerful, peaceful, attentive, observant, encouraging love and respect to promote the profound healing wisdom of the body.
14. **PATIENTS WILL NOT BE PERMITTED TO GO LONGER THAN 8 WEEKS WITHOUT A FOLLOW UP VISIT OR PHONE CONSULT.** It is important in the healing process to check in with Dr. Marra fairly regularly. This is also a medico legal issue that I enforce in my practice.
15. In an effort to conserve time and energy when phoning Dr. Marra's office, **PLEASE LEAVE YOUR NAME AND PHONE NUMBER ONLY.** All calls will be returned by the end of each business day.
16. 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 UNLESS PREVIOUSLY DISCUSSED 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. I am truly interested in your well-being, and I have found through both my personal and clinical experience, that the above rules actually optimize your healing experience.

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I HAVE READ THESE GUIDELINES AND RECEIVED A COPY OF THEM.

Patient's Signature \_\_\_\_\_

Parent/Legal Guardian Signature \_\_\_\_\_

Parent/Legal Guardian Signature \_\_\_\_\_

Physician Signature \_\_\_\_\_

Date \_\_\_\_\_