



Dear Parents,

*Welcome to **Points of Origin** Holistic Health Care Clinic*, founded by Peter Hanfileti, MD, and Lisa Hanfileti, LAc, MAcOM. In order for your child's experience to be as comfortable as possible, I've prepared this letter to give you an idea of what kinds of services I offer, and what you can expect as you prepare your child for their first visit.

***Points of Origin** Holistic Health Care Clinic* is a resource center dedicated to providing quality health care to you and your family. I attempt to use any and all means to help your child regain their highest level of function possible. One thing I have learned is that each child is unique, with individual characteristics that need to be respected, worked with, and in many cases encouraged. Your role as a parent is extremely important to your child's overall well-being. Because of this, I value and will seek out your feedback and your insights when it comes to your child's historical and current situation.

What modalities do I use?

I make full use of my background as a Board Certified Pediatrician, even though I do not practice conventional pediatrics anymore. I am more than willing to give advice on various topics that you may have questions about from a Western medicine or conventional medicine point of view.

I have definitely been influenced by the **Chinese medical philosophy**, which seeks to find balance within the child's system as well as in his or her environment. I have found that Chinese medicine helps to give us a framework to categorize seemingly unrelated symptoms and make sense out of them. I tend to emphasize your child's history in a way that you may not be familiar with. This new perspective is often very enlightening to parents and children alike as it is comforting to know your child's system is working in a certain way for a particular reason. Once this is understood, then steps can be taken to help the child's system get back on track and rebalance itself.

The other modality I use on almost every child I see is the **BodyTalk system**. This kinesiology based tapping system seeks to actually communicate with your child's innate system. Another name for this internal system is the autonomic nervous system, although this is not the whole story. When the technique is observed it looks like acupuncture tapping on the head and the chest, and usually kids find it to be a very relaxing experience. In order to understand how this works, we must learn the basic principles of energy medicine which I will explain at your first visit. This will in turn help us get at the causative factors we see in many childhood conditions. We will spend a good deal of time reconstructing your child's symptom timeline and look for predisposing historical factors, like; events, accidents, home

changes, school changes, etc. These life experiences and how your child registers them, play an important role in our assessment of the status of your child's energy system.

The other hands on techniques I like to use with children are: acupoint stimulation techniques with **Tuning Forks** (applying vibration) based on the system taught by Fabien Maman, and a **Colored Light** technique which is an adaptation of Dr. Peter Mandel's colorpuncture system, as developed by Dr. Neeresh F. Pagnamenta, a Swiss Pediatrician. Both of these are non-invasive, do not involve needles at all and are well-tolerated and enjoyed by kids of all age groups. The purpose of the point stimulation is identical to that of acupuncture, to communicate with the body's acupuncture network and thereby cause internal changes and rebalancing of the child's system.

Finally, I will also commonly use **Essential Oils** during the treatments as another hands on technique to apply herbs and natural substances. This is usually done on the bottoms of the feet, but can be applied to other parts of the body as well. Other herbal and natural products may be discussed or recommended, depending on your child's unique needs and preferences.

How long does an appointment last?

As a new patient to our clinic, your child's first treatment, with its careful diagnosis and interview process, will take about one and a half to 2 hours. Follow up treatments generally take 1 hour. I like to set aside plenty of time to answer your questions, but also for me to get to know you and your child. Also, depending on your child's age, I want them to participate as much as possible so they feel a part of this process.

In the treatment room:

I will usually have the child lay down on the massage table or sit in the comfortable chair in my exam room. However, if he or she feels more secure in mom or dad's arms, that is perfectly fine. For young babies, I will usually treat and test the mother as a surrogate for the baby. (This can even be done before the baby is born and at any stage of the pregnancy.) In this way, the above mentioned techniques are performed after the history questions have been asked. Since we usually have plenty of time, we can discuss any other topics that may come up during the visit which you may have questions about.

How many treatments?

To be effective, these modalities will often require a series of regularly scheduled treatments. The number of treatments recommended will depend on your child's particular condition and how quickly they respond. I have found this to be highly variable, such that I have some kids who come in on a very regular basis, and others come infrequently or just as needed if they are doing well.

What should you bring to your first treatment?

To your first appointment, please bring the following documents, which can be found in this Welcome Packet:

- (1) *Completed* New Pediatric Intake Form
- (2) *Signed* Pediatric Informed Consent Form
- (3) *Signed* Financial Policies & Procedures Form

** (Please Note: You are required to *sign* one additional consent form once you arrive at our office.)**

For older kids and teenagers, please wear or bring loose fitting clothing, such as sweat pants or shorts and a T-shirt or whatever you are most comfortable in.

In Closing...

Please do not hesitate to ask any questions or express any concerns you may have about your child's treatment. I look forward to helping you enhance your child's health and wellbeing in these critical growing years.

Sincerely,

Peter Hanfileti, MD