

Welcome to the Practice of Pia Alvarez, BCND – Sheer Nutrients

Welcome to our clinic and congratulations on taking this first step to achieving optimal health and wellbeing! I'm honored to be your naturopath, and I'm committed to providing you with the best care I can. As your naturopathic doctor, I will be working with you in assisting you to make the changes required to enhance your body's natural healing ability and attain and maintain good health. To get the most out of your Sheer Health and Wellness program, I hope you will be fully committed to it. Ultimately your health and wellbeing is your responsibility. That being said, I look forward to serving as your partner in this journey.

Here are a few things you should know:

Your Appointments:

In consideration for other patients, please arrive on time for your appointment. If you are running late, please contact the office as soon as possible. If you must cancel or reschedule your appointment, please notify the office (by text or by phone) at least 24 business hours in advance. Late arrivals and missed appointments will be duly billed.

Health Maintenance Program:

Once you have achieved the specific health goals for which you came to the clinic, I encourage you to schedule periodic follow up visits to ensure health maintenance and focus on disease prevention. I am available as your partner in wellness, please do not hesitate to consult with me about all of your health concerns.

Supplements:

In many cases, I will recommend specific nutritional, herbal, or homeopathic medicines or programs for you to follow. Please follow the instructions on your "Plan of Care Instruction Sheet". If you experience any problems with the remedies, please let me know as soon as possible so that I can suggest appropriate changes if necessary. When possible, I will give you the option of purchasing the supplements directly from me, or through www.SheerNutrients.com or a recommended nutrition store.

Since the FDA does not regulate the supplement industry, and there are often concerns about safety and efficacy. I only recommend the products after doing a thorough Zyto Bio-survey or a QRA (Quantum Reflex Analysis) applied kinesiology test done at my office. I also encourage all my clients to speak to me if there are any concerns.

To ensure your continuity of care, please order your refills at least 5 business days before you need them. Orders may be placed via email or directly through the www.SheerNutrients.com website.

Health Insurance:

Unfortunately, New York state law does not allow naturopathic doctors to provide insurance diagnostic codes. In all cases, my services will not be covered by insurance. You are therefore personally responsible for paying for my services and supplements.

Contact:

It is my hope to create and maintain a personal relationship with you where the lines of communication are open. If you have questions or concerns, please ask. You may contact me (text is preferred) through my office number at 914.979.2476. You can expect a response within one business day. Alternatively, you may email me at Pia@SheerNutrients.com. If you do not receive a response (email, text, phone call) within one business day, please contact the office to ensure that your message did not get lost in cyberspace. Please note: 10 minute phone consultations or email responses are complimentary for prospective or existing clients. Emails or phone conversations taking longer than 10 minutes are billed at my hourly rate.

Referrals:

I am passionate about providing top quality naturopathic care. The highest compliment my patients give is the referral of their family members and friends. Should you know of someone who could benefit from naturopathic care, please do not hesitate to suggest they contact the office to schedule a complimentary 15 minute phone consultation.

I look forward to working with you in helping you achieve your health goals.

Wishing you Sheer Health,
Pia Alvarez, BCND (Board Certified Naturopathic Doctor)
Sheer Nutrients