

Washington Homeopathic Clinic

2025 112th Ave NE, Suite 300
Bellevue, WA 98004
(425) 881-8929
www.wahomeopathy.com

Michael Baker, ND, MS, DHANP
Stephanie Pleiman, ND
Ryan Robbins, ND

Patient Information

Washington Homeopathic Clinic provides care for the emotional and physical lives of children and their families through quality, licensed homeopathic and naturopathic care. We specialize in the treatment of emotional and behavioral disorders, inflammatory disorders and acute conditions.

The Visit

The practice of homeopathy requires considerable time, effort and research to come to a correct treatment. We ask that patients be involved and committed to the process over a period of time if necessary. You will get the most out of your appointment or your child's appointment if we have your undivided attention. If you must bring other small children who need supervision, please bring someone to attend to their needs. Please no food or drink in the office

Insurance

Washington Homeopathic Clinic contracts with a number of insurance carriers. For these plans we are able to bill the insurer, otherwise, we will provide you with the necessary forms to bill your insurance company for reimbursement. We encourage you to contact your insurance carrier regarding coverage for treatment. If your health insurance plan requires a referral from another physician, we must have the authorization in our office before your visit. If we do not contract with your insurer, and for services not covered by insurance—payment is at time of service.

Fees

Please see Fees and Services Waiver.

Office Hours: Monday through Thursday 9:00am to 5:00pm, closed for lunch 1:00 to 2:00pm; Friday 9:00am to 1:00pm; Saturday by appointment. Appointments may be scheduled outside of these hours at the availability of the doctor.

Deposits and Cancellation Fees

Your appointment is a significant block of time reserved on the schedule for you alone. A \$100 deposit is required for all first time appointments. This deposit is refundable only if three business days' notice is given for cancellation or change of date. We also request one business day's notice for a return visit (e.g., Friday morning for a Monday cancellation). For return patients, we reserve the right to charge a \$50 late cancellation fee.

Some Frequently Asked Questions

What is a Constitutional Assessment?

A constitution is the totality of unique reactions and affinities of an individual; it takes into account the mental, emotional and physical state of the person. During a constitutional assessment the doctor gathers in-depth information about how an individual responds to stressors, and the global function of the person. This assessment is a process that takes between one and two hours.

What will the doctor do with this information?

Your doctor will collect the information and look for persistent patterns. There are over 2,000 homeopathic remedies. The doctor may need time to study your case, or may give you a remedy at the time of your appointment. The purpose of collecting and studying this information is to find the homeopathic remedy that is suited for you at this time.

What can I expect from treatment?

The purpose of homeopathy is to cure, not to manage or suppress symptoms. It is virtually impossible to say how long it will take for chronic disease to be cured. Just as the remedy choice is individual, the duration and extent of cure are also individual. Homeopathy is a process. In many instances the effect of the medication can be very dramatic. Other times the process requires a fundamental shift in the disposition of the body, mind and emotional state. It can take time for these changes to occur. Usually patients will notice improvement within months in chronic conditions. Acute conditions typically show improvement within hours.

Are homeopathic medications toxic?

No. Homeopathic medications are made from plant, mineral and animal substances; they are regulated by the FDA and are considered non-toxic.

What is an aggravation?

An aggravation is a strong reaction to a homeopathic medication. Typical aggravations involve symptoms becoming more pronounced for a short period of time. This is usually a good indication that healing is taking place.

When should I page the doctor?

Doctors are available after hours to return urgent medical calls. There is a \$50 charge for all returned pages. In a life-threatening emergency, call 911.

Can I make a telephone appointment?

Yes. Charges for these appointments are at the doctor's discretion ranging from \$50-\$200 for acute concerns. It is important to schedule office visits when possible. Insurance cannot be billed for phone appointments.

Are there things I should avoid while on medication?

We recommend that patients avoid coffee, essential oils and other substances that produce a strong response in the individual. These substances can antidote or affect the action of the medication.

How should I take my homeopathic medication?

We recommend that you take your medication when there are no strong flavors in the mouth—at least 10 minutes away from food or drink before and after taking the medication. Avoid handling the medication as much as possible; rather put it under your tongue directly from the envelope or the bottle cap.

Can I see my medical doctor while under homeopathic care?

Yes. All our doctors are licensed primary care physicians in the State of Washington. For some patients we provide care as an adjunct to routine medical care and for others provide general care, referring to specialists as appropriate. It is up to the individual or the family to decide how they would like to complete their medical care.

I just saw my regular doctor. Should I keep my appointment with your clinic?

Yes, you can. Though we may rely on similar approaches to determine diagnosis, our treatments are fundamentally different from those provided by most medical doctors. Beyond homeopathic medicines, we also prescribe other naturopathic therapies including herbal and nutritional medicines when indicated.

Our clinic offers both constitutional treatment and care for acute illnesses. While undergoing constitutional homeopathic treatment, acute illnesses may be an important part of the healing process. From our perspective, it is often important to allow acute illnesses to run a safe course without suppression by allopathic medications. These symptoms may provide the key to determining or confirming a correct constitutional prescription.