



**FOR ALL APPOINTMENTS:** 631.421.1848, [INFO@innersourcehealth.com](mailto:INFO@innersourcehealth.com)

Dear new patient,

Thank you for the opportunity to work together for your optimal health. To help prepare for our first visit together, please follow these steps:

1. Please download our **new patient intake form** from the website page you found this letter. Fill out the forms as completely as you can and bring to your visit. These will help ensure maximum efficiency during your visit.

2. Please download the **diet diary and the instructions**. Please make copies of the diet diary page and fill out for as many days as you can (up to four days and two weekend days). Please do not change your eating habits or life style during this time so we can get an accurate assessment of your nutrient intake and current symptoms.

3. Please download and sign **fees and policies** form and bring in.

4. Please gather laboratory reports, diagnostic imaging reports, etc... that you have available from your medical doctors. If you do not have copies of these already, **we suggest making two copies, one for us to keep in the chart, and one for your own records**. You can also have these faxed to our office at: 212.807.0706 (for Manhattan patients) or 631.421.1059 (for Long Island patients).

5. Bring in all supplements and medications you are taking to your first visit so we can review them together. Do not ever change or alter dosages of any prescription medications with out speaking with your prescribing physician.

Feel free to contact our clinic anytime if you have questions. Our location information is below.

In health,

*Pina LoGiudice ND, LAc and Peter Bongiorno ND, LAc*



**FOR ALL APPOINTMENTS:** 631.421.1848, [INFO@innersourcehealth.com](mailto:INFO@innersourcehealth.com)

**OFFICE ADDRESS/LOCATIONS:**

**Manhattan Location:**

[130 Fifth Avenue, 9th floor, NY, NY 10011](#)

- This office is on Fifth avenue, between 18th and 19th streets, to the right of the Express clothing store when facing the West side of Fifth Avenue. Take the elevator to the ninth floor. Once outside the elevator, ring all buzzers: 911, 912 and 913 and come inside. There is not a receptionist at this location currently. When inside, please have a seat in the waiting area near the entrance and someone will be with you in a few minutes. The closest subway stops are the 1,2,3 line at 18th street or the B,D,F,V line which stops at 14th and 23rd. The closest parking lot is on 20th between 5th and 6th. During the weekdays (before 6PM), parking the car in a lot is advisable.

**Long Island Location:**

[11 Stewart Avenue, Huntington, NY 11743](#)

- Office is located in heart of Huntington Village. Driving east on Main St., turn LEFT onto Stewart Ave. This office is on the street level, with ample parking behind building and across the street. Currently, handicap accessibility is not available. We are in the same building as Complete Physique Gym.