

# 10 ESSENTIAL QUESTIONS TO ASK YOUR DOCTOR ... ON YOUR NEXT VISIT

When it comes to asking your doctor questions, you might feel like you don't even know where to start - after all, they're the expert, right? Or if you're like so many of my clients, you get so nervous at the doctor, your ability to think disappears. Or you worry that the doctor might be offended.



**But here's the truth.** Most doctors want you to ask questions and feel fully informed about your health. So, don't feel like you're intruding or offending anyone. Asking these questions can put you in the driver's seat of your health.

Use these to help you get to the bottom of your personal health condition!

- 01 What is causing my chronic condition?
- 02 Could it be my gut?
- 03 How does this test give you the answers you are looking for?
- 04 If this test doesn't give us an answer, what are other test options?
- 05 What are ALL of my treatment options?  
What are the benefits?  
What are the risks?
- 06 Is medication really necessary?  
If so, why? Is there a more natural option?
- 07 Are there any nutritional changes I could make that address my issue? How can I be more proactive so that I don't have to be on medication long-term?
- 08 What are the possible side effects of medication?
- 09 Are there any symptoms I need to be concerned with while taking medication?
- 10 What's next when it comes to my treatment?

Asking these questions will help you feel less nervous, be better able to set a clear course of action and seek support from other service providers who might be able to offer additional support!

If you have any questions after consulting with your physician, we'd be happy to support you in finding answers. Contact our office for a conversation.

In good health,

Meryl Brandwein