



Is my visit covered by insurance?

It is not. Due to the political climate in the state of Michigan regarding Naturopathic Doctors, our services are not covered by insurance and will not be covered until we gain licensure in the state. However, if you have a health savings account (HSA) or flexible spending account (FSA), you are welcome to utilize it as a form of payment. [Click here for current fee schedules](#)

Do you use lab tests?

Conventional lab work is ordered under a medical doctor so is often covered by insurance. Specialty lab testing such as functional stool analysis, salivary and dried urine hormone, allergy, and micro-nutrient testing may be recommended on a case-by-case basis. Some of these carry additional co-pays that are always discussed during the visit.

Can you manage my medication?

Naturopathic doctors cannot write prescriptions in Michigan. Dr. Armstrong will work **WITH** your primary care provider to optimize your medications. Using a combination of a healthy lifestyle, high quality natural supplements and pharmaceutical medications can often help your body achieve your optimal health.

What brand of supplements do you recommend?

Natural health supplements are very poorly regulated in the United States. Dr. Armstrong makes recommendations using third party tested, pharmaceutical grade supplements. While Dr. Armstrong will provide you a link to buy supplements, you are in no way obligated to buy supplements from our office. Dr. Armstrong does advise however, to use the specific brand of supplement that she recommends to ensure quality

and safety. She does not use only one brand, but rather a variety of brands after careful research to ensure the highest quality available.

What are the benefits of probiotics?

Probiotics

Probiotics are beneficial live microorganisms that may support immune health by modulating immune responses and inhibiting the growth of pathogens in the gastrointestinal tract. Probiotics may be obtained from fermented foods, including yogurt, kefir, sauerkraut, unpasteurized pickled vegetables, and kombucha. Probiotic supplements may help protect healthy individuals against respiratory infections, reduce the severity of colds, and improve the efficacy of certain influenza vaccinations