



Morgan J. Titus Rau, ND, CPM  
841 Main Street  
Vassalboro, ME 04989  
Phone: (207) 469-5534  
Fax: (888) 972-6507  
[www.DrMorganND.com](http://www.DrMorganND.com)

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## WELCOME!

Welcome to Maine Family Natural Health! This letter is your introduction to Dr. Morgan Titus Rau, naturopathic medicine, and office policies at Maine Family Natural Health. As always, if you have any questions, please feel free to call during office hours.

### Dr. Morgan Titus Rau:

Welcome to my home office! I am happy to return to Maine and my hometown to practice naturopathic medicine and midwifery. I enjoy living near my family and having my own farm. I received my Bachelor of Arts from the University of Maine in Orono in 2001, where I majored in Zoology and Women's Studies. I am a 2005 graduate of the National College of Naturopathic Medicine in Portland, Oregon, a four-year, accredited naturopathic medical school. I am committed to providing quality natural health care and homebirth midwifery services to Maine families. I look forward to working with you toward wellness!

### Office Location:

Maine Family Natural Health is located at 841 Main Street in North Vassalboro (Route 32), in my house. Please come in and make yourself comfortable in the main living room!

**From North**, take the Waterville exit for Route 137, go left off exit. After Inland Hospital and Hannaford, stay on 137 by turning right onto Carter Memorial Drive. After the bridge, take your second right onto Route 32. In 3.3 miles you will see our house on the left, 2 driveways past the post office.

**From South**, take Augusta exit 113. At Route 201 turn left. In approximately 10 miles turn right onto Oak Grove Road at the police academy. At Route 32 turn right. In less than 0.3 miles you will see the post office on your left. We are the 2<sup>nd</sup> house on the left after the post office.

Office Hours: Wednesday, Thursday, and Friday 8-4

Consultation Rate: is \$35 per quarter hour. Most first visits take approximately 1 ½ hours (\$210).

Well-child visits are \$140 and adult annual wellness visits are \$210 for established patients. **I do not bill insurance, nor do I guarantee that insurance will reimburse you.** I will provide billing codes as needed for medical claims.

### Appointments:

- Appointments can be made by calling the office at (207) 469-5534.
- If you need to cancel an appointment, please give 24 hours courtesy notice so that I may schedule another patient in that time slot.
- Missed appointments without prior notice ("no-shows") will result in a \$70 fee for the Doctor's time.
- Home Visits are available at the Doctor's discretion. Home visits are \$40 for travel time in addition to mileage and appointment fees.
- Phone Consultations are available at the Doctor's discretion for established patients, and are billed at the hourly rate. After Hours and Emergency phone consultations are billed \$40 for after-hours services in addition to the hourly rate.
- **I offer midwifery services to clients that may require a last-minute cancellation of your appointment. In the event that I cannot reach you, I will leave a note on the door. All efforts will be made to reschedule your appointment in a timely manner. I apologize in advance for any inconvenience this may cause you!**







## What is Naturopathic Medicine?

“Founded upon a holistic philosophy, naturopathic medicine combines safe and effective traditional therapies with the most current advances in modern medicine. Naturopathic medicine is appropriate for the management of a broad range of health conditions affecting all people of all ages. Naturopathic physicians (N.D.s) are the highest trained practitioners in the broadest scope of naturopathic medical modalities. In addition to the basic medical sciences and conventional diagnostics, naturopathic education includes therapeutic nutrition, botanical medicine, homeopathy, natural childbirth, hydrotherapy, naturopathic manipulative therapy, pharmacology and minor surgery.”

-American Association of Naturopathic Physicians

[www.naturopathic.org](http://www.naturopathic.org)

## Naturopathic Philosophy:

-  **First Do No Harm:** The process of healing includes the generation of symptoms, which are expressions of the life force attempting to heal. Therapeutic actions should be complementary to and synergistic with this process.
-  **Identify and Treat the Cause:** Underlying causes of disease must be discovered and treated before a person can recover completely from illness.
-  **The Healing Power of Nature:** The body has the inherent ability to establish, maintain, and restore health. The doctor’s role is to facilitate this process, to remove obstacles to health and recovery, and to support the creation of a healthy internal and external environment.
-  **Treat the Whole Person:** Health and disease are conditions of the whole organism, involving a complex interaction of physical, spiritual, mental, emotional, genetic, environmental, and social factors.
-  **The Doctor As Teacher:** The doctor’s major role is to educate and encourage the patient to take responsibility for his or her own health. The doctor is a catalyst for healthful change, empowering and motivating the patient to assume responsibility. It is the patient, not the doctor, who ultimately creates or accomplishes healing.
-  **Prevention:** The doctor assesses risk factors and hereditary susceptibility to disease and makes appropriate interventions to avoid further harm and risk to the patient. The emphasis is on building health rather than on fighting disease.