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## ABOUT NATURAL PEDIATRICS

We take an **integrated** approach to raising a healthy, smart and energetic child.

Natural Pediatrics Plano started in 2013. In a short time, it has garnered praise from parents and medical community to be rated:

- 2015 – Mom Recommended Doctors (in DFW Child Magazine)
- 2014 – Mom Recommended Doctors (in DFW Child Magazine)
- 2013 – Patient’s Choice Award (Vitals)
- 2013 – Recognized Doctor (Healthgrades)

Our Doctor was featured in multiple medias and most recently in:

- ADHD Alternatives, 1110 KTEK Radio Program in July-2014
- LivingWithAsthma Foundation on managing Asthma in April-2014
- DFW Child Magazine in Jan-2014

The clinic’s Office Manager is Leslie, Lab Manager is Ami, Referral Manager is Judy and Billing Manager is Nazia. You can learn more about our resources, clinic, hours and parent testimonials in our website: [WWW.TXNATURALPEDIATRICS.COM](http://WWW.TXNATURALPEDIATRICS.COM)

## OUR DOCTOR



Dr. Lata Shridharan is the lead physician at Natural Pediatrics. She was the Lead and Founding Physician of two of Children’s Hospital Outpatient Clinics (MyChildrens). Prior to Children’s, she was the Director of Peditplace (a non-profit clinic). She has extensive experience in Out-Patient Care, ICU, Emergency Care and as a Hospitalist at Children’s Medical Center and at Stanford Medical Hospital System in California. She is a Fellow of AAP and is affiliated with:

- Children’s Medical Center, Dallas, Texas
- Medical Center of Plano, Texas
- Presbyterian (Texas Health Resources) Hospital, Plano, Texas
- Presbyterian (Texas Health Resources) Hospital, Allen, Texas

She is a mother of two and has lived in Texas for over 17 years. She is conversant in English, Español/Spanish, Hindi, Tamil, Urdu and Marathi.

## DOCTOR’S PHILOSOPHY OF CARE

*“By training, I am an American Board Certified Pediatrician. But in my younger years in India I grew up with non-chemical alternatives for common ailment. As a mom I have tried to incorporate that for my kids and it has worked wonders. And finally, as I am studying natural & alternative medicines, I realize the beauty and wisdom of living closer to earth. Hence in my practice I integrate both...for acute ailments I follow American Academy of Pediatrics recommendation but for simple and/or chronic conditions I suggest natural alternatives (such as diet and nutrition change, yoga, behavioral and parenting change) first.*

*A few folks associate the word “natural” exclusively with “no shots”. While I am open to alternative schedules and working with the parents, I am foremost an advocate for the child and hence I do recommend vaccination. I strive to use only preservative-free vaccines. The safety & benefit from these vaccines far outweigh the tragedies of not vaccinating which I have experienced first hand. Thus, my motto “Prevention is better than cure”.*

*In western training we are raised to think that “health is the absence of symptoms and problems”. But eastern sensibilities has educated me that “Health is state that allows one to use the full capabilities of their body, mind and intellect. Therefore, healthy living is a balanced state of well-being: physically, mentally, socially and spiritually.” This implies that healing is not a “one-pill-fits-all”, but a personalized experience for each child. - Dr. Lata Shridharan”*

## **MORE ABOUT OUR PRACTICE**

**Choosing the right practice is a matter of TRUST.** So we recommend that you take your time to find the right partner for your baby’s care.

### **DOCTOR**

- [Is the doctor a specialist on children’s health? Is she Board Certified?](#)

Yes. Dr. Lata Shridharan is an American Board of Pediatrics (ABP) Board Certified Pediatrician.

- [Does the doctor participate in my insurance plan?](#)

Natural Pediatrics takes most Private Insurance, ACA and Government Insurance (like Medicaid). To help our community we have one of the lowest (non-profit like) rates for self-pay patients. We also offer some financial assistance to Child Advocacy community organizations. You can find more in our [website](#)

- [Is the doctor affiliated to the leading hospitals in the area?](#)

Yes. We are affiliated with most major kid hospitals in North Dallas including Childrens. BTW, even if the doctor is not affiliated to a hospital, the doctor can see you immediately after release from the hospital.

- [How experienced is the doctor? Has she handled complex cases? Does the doctor have extensive hospital experience to handle special medical needs of our child \(if any\)?](#)

Yes. You are in good hands. The doctor has over fifteen years of experience caring for very sick kids in ICU, ER, hospital and outpatient setting at some of the leading hospitals in the nation – Childrens Medical Center and Stanford Hospital network. She has also lead four successful outpatient clinics. Natural Pediatrics is a labor of love for her.

- [Does the doctor have practical hands-on experience?](#)

Yes. She has two young children of her own and knows the worries and travails of a parent firsthand.

- [Does the doctor take a holistic approach to our child’s need \(covering physical, mental and behavioral health, nutrition, and parenting aspects\)?](#)

Yes. Please read our doctor’s Philosophy of Care above.

- [What are the doctor’s views on medications, antibiotics, alternative medicines, and second opinions?](#)

This is best answered face-2-face but our approach is: We will work with you on the best care approach for your baby. If it is urgent/critical issue we follow the recommendation of American Academy of Pediatrics. If it is chronic or common condition, we suggest nutritional changes, supplements, parenting changes and natural approaches as first line of treatment. Note that natural alterantives take longer and slower to heal the body but they restore the whole body and lifestyle instead of just addressing the symptoms.

- [What are the doctor’s views on vaccination / immunization?](#)

Please see our [“Views on Vaccination”](#) here.

- [Does the doctor take my urgent calls after hours?](#)

Yes. We are working on an off-hour nurse line. However currently the doctor personally handles calls in her family time. Please see our [“After hours”](#) protocol here.

- [Does the Doctor have Back-up coverage \(in case she take a vacation\)?](#)

Yes. We have a few community doctors that do cover for each other in case of necessity.

- [How easy is it to communicate with the doctor? How much time does the doctor spend addressing my questions? Will my child be comfortable with the doctor?](#)

Natural Pediatrics believes that good health stems from good food, parenting and physical activity. To counter the marketing driven, pill popping society, a parent needs a lot of support and knowledge to raise a child, the natural way. Natural Pediatrics spends a considerable resources via email newsletter, Facebook, Google+ and its website to educate and be a champion for our

parents. The doctor also responds to parent questions between patients. For more on wait time and others, please read our [parent's testimonial](#).

## CLINIC

- [How clean is the clinic?](#)

We welcome you to visit us. With a garden entrance, quiet cozy office, Kid friendly books and Cartoon, and kid friendly toys in each room, we are sure your kid will love the staff, the games, and the staff.

- [Is the clinic conveniently located?](#)

We are centrally located in Plano, adjacent to CVS Pharmacy at the northwest corner of Custer Road and W Spring Creek Parkway, approximately 20 minutes from anywhere in Richardson, Frisco, Allen, Wylie, North Dallas and McKinney.

- [Are the hours flexible?](#)

We are open five days a week. To spend enough time with you, we may restrict the last appointment to an earlier time (especially well checks). We keep some appointments open later in the day to accommodate sick kids on the same day.

- [Is the staff friendly?](#)

We welcome you to visit us. We are proud of our front desk and staff. With a cheerful attitude we hope to bring a smile on you.

- [How long do I have to wait for an appointment?](#)

We try not to book appointments back-to-back so that you have adequate time with the doctor. For most families, the wait time in reception is less than 5-10 minutes. Sometime we may get backed-up a little if we need to perform lab procedures.

If you are a new patient, you can eliminate even the paperwork time by downloading our forms and filling and faxing it before your visit. You can find the [forms](#) here.

- [Does the practice use state-of-the-art Electronic Medical Record \(EMR\)?](#)

Yes. We use the same EMR that Presby Plano and Childrens Medical Center uses. So referral, electronic prescription, and lab reports are fast and error free.

- [Can you see our sick child, the same day?](#)

Yes (in most cases, except Holidays or if she is backed up taking care of newborns or kids admitted in hospitals). We always keep some appointments open later in the day to accommodate sick kids on the same day.

- [Can you handle all aspects of my child's care \(like sick visit, well visit, sports physical, developmental visit, supplements, food and sleep issues, nutrition, parenting issues, chronic cases and immunization\)?](#)

Yes

- [Will my child see the same doctor each visit?](#)

Yes.

- [Is the practice technologically savvy in using email, Facebook, web and other modes of communication?](#)

Yes. You can email us at [planonaturalpediatrics@gmail.com](mailto:planonaturalpediatrics@gmail.com) or check us out on Facebook or Google PLUS. ("Like" us and we will send you periodic health tips.) You will also find a lot of resources on our webpage. But please be aware that due to HIPAA regulations, we cannot reply certain patient specific information by electronic mediums.

- [How expensive are the Self Pay fees?](#)

We realize that in this economy families struggle to pay the high premiums of health insurance. To help our Self Pay patients we have perhaps the lowest price for services. However, we expect parents to pay at the time of service by cash or credit card.

## FINALLY AND MOST IMPORTANTLY

- [What do other patients have to say about the kind of care they receive?](#)

Talk to them or check out their voices in the [Testimonials](#) page.

Choosing the right doctor will help you feel confident that your baby will be well cared for throughout childhood and beyond. We hope to be that partner for you.

**THANK YOU for considering NATURAL PEDIATRICS.**