

Naturopathic Medicine



Naturopathic Medicine is a primary health care system that embraces the old philosophies of medicine and the new diagnostic tools to provide a broad non-invasive framework for diagnosis, assessment and treatment.

The body is a complex integrated system that responds and reacts to everything, like thoughts, emotions, food, physical trauma, and the environment. A naturopathic doctor understands the value of taking the time to listen to and understand the complexity of each individual and to provide the needed support and various treatment options to reach personal health goals.

Philosophy

- 🌿 First, do no harm.
- 🌿 Support the natural healing process of the body.
- 🌿 Identify and address the root cause of disease.
- 🌿 Treat the whole person.
- 🌿 Teach the basis to health and self care.
- 🌿 Focus on prevention.

Focus

- 🌿 Prevention and education on healthy habits to ensure optimum health.
- 🌿 Acute symptoms are often the body's way of expressing the healing process. Supporting this process is an integral part of strengthening overall health.
- 🌿 Chronic health concerns often affect the physical, mental and emotional aspects of a person. Addressing the whole person and identifying the root cause of disease provides hope, support, and effective treatment options.
- 🌿 Working in conjunction with other medical doctors or health care providers to ensure the best treatment choices.

Training

- 🌿 Minimum of 3 years premedical studies at university, followed by an 4 year full-time study in an accredited naturopathic school.
- 🌿 Encompasses basic medical sciences, naturopathic principles and therapeutics and 1500 hours of supervised clinical experience.
- 🌿 Two sets of licensing board exams are required in all regulated provinces.
- 🌿 Ongoing continuing educational courses.



Assessment and Diagnosis

🌿 Detailed questionnaires, including a personal history are used to fully understand the uniqueness of each patient.

🌿 Physical exam using standard medical techniques, additional observations of tongue, pulse and attention to the body.

🌿 Analysis of blood, urine, saliva, hair, respiratory function and other samples; as well as review of X-rays, laboratory procedures and other medical reports.

Naturopathic Visits

🌿 Range from one to two hours in length for initial visits, to about 20 - 30 minutes for follow up visits.

🌿 Allow time to establish a detailed understanding of the patient's history, contributing factors, current health status and treatment progress.

🌿 Include physical exams, laboratory and diagnostic testing, as needed.

🌿 Visits are covered by most extended health care programs.

TREATMENT OPTIONS

A naturopathic doctor has extensive training in a wide range of safe, non-invasive treatment options.

NUTRITIONAL SUPPORT and dietary recommendations are integral to ensuring that the body has the needed building blocks to sustain health and aid healing.

NUTRITIONAL SUPPLEMENTATION to address deficiencies, assist the body in eliminating toxins, stimulate healing or address specific health concerns.

BOTANICAL MEDICINE using herbal teas, tinctures or capsules as an alternative to drugs for treating specific health concerns and aiding the body in recovering from injury or disease.

HOMEOPATHY is an energy based system of medicine that stimulates the healing processes in the body on all levels.

TRADITIONAL CHINESE MEDICINE includes the use of acupuncture, botanicals and the energetics of food to balance the body.

LIFESTYLE COUNSELLING addresses the link between health concerns, lifestyle, events, thoughts and emotions and provides recommendations such as breathing and relaxation techniques or coping strategies.

HYDROTHERAPY is the use of water as an accessible and effective form of stimulating healing.

PHYSICAL MEDICINES like hands-on techniques using soft tissue work, physical manipulations and stimulation techniques to provide support for healing, especially for the nervous system and muscles.

Work with your Naturopathic Doctor

- 🌿 to start on a path of preventative medicine
- 🌿 to discover the value of naturopathic medicine
- 🌿 to address chronic health concerns that are affecting your life
- 🌿 to identify specific naturopathic treatments that can support the you in achieving your health goals.