

Naturopathic Medicine

Naturopathic Medicine focuses on treating the cause of disease naturally. Naturopathic Doctors believe that the body has its own ability to heal itself and use therapies to assist that process. Naturopathic Doctors believe that your health is not just a physical experience but also what is happening emotionally, mentally and spiritually. There is an interplay in these areas which when functioning in a balanced way, produce vibrant health.

Treating the cause is what we instinctively know to be the best approach to one's health. For example, let's say you were trying to transport logs on the water, down a river. Everything is moving swimmingly but, one day one of the logs gets wedged and there is a log jam. What's the best solution? One is to physically take one log out of the water at a time and walk it around the jam and [place it back in the water where it is flowing freely. This is only a band-aid solution and does not address the cause. Alternatively, you could spend your energy releasing the wedged log and allow all of the logs to move downstream. Both achieve the same goal but one is much more arduous.

Therapies that are commonly used by naturopathic doctors are designed to release those log jams that occur in the body. These include; acupuncture, homeopathic and botanical medicine, nutritional evaluation and supplementation, lifestyle coaching, and naturopathic bodywork. These therapies have one thing in common: they focus on treating the cause and balancing the physiology with little or no side effect. In fact often the side effects are positive ones including weight loss, improved energy, better digestion and clarity of thought.

A visit to a naturopathic doctor is typically 1- 1.5 hours long and includes a thorough health history, nutritional physical as well as any naturopathic lab work that may be indicated. Once the cause is identified, a personalized program is created which often includes dietary recommendations, lifestyle counseling, nutritional supplementation, botanical and homeopathic remedies, or possibly a course of acupuncture. You can expect plenty of TLC and attention from a visit to an ND – You can also expect a full line of questions...everything from whether you were breast fed, to how you sleep to your morning bowel movements. It is all important in understanding how your body as an organism is thriving or not thriving in its environment.

You don't have to be sick to visit a naturopathic doctor. In fact the best approach is a preventative one. Detoxification regimes and dietary analysis are often recommended for those who do not have any current health concerns but who are experiencing low energy or who are not functioning optimally.

Naturopathic Medicine has been regulated in Ontario since 1925. This means that every naturopathic doctor must complete a 4-year full-time program at an accredited naturopathic college after attaining an undergraduate degree. Further every ND must write licensing exams in order to practice in Ontario. Naturopathic Medicine is not

covered by OHIP but many extended health insurance plans cover naturopathic consultations.

What do Naturopathic doctors treat? We treat you! We don't treat the disease per se, we treat the whole person. Diseases can put people in boxes. But if you put 10 people in a room with the same disease, you will likely have 10 different reasons why each one has the condition. ND's are primary health care providers, so most things that you see your MD for, you could consult with a naturopathic doctor about. If you need to be referred to another health professional, an ND can do that as well. An ND is an important part of every health care team. Just as you have an MD, a dentist, an RMT, an optometrist etc, an ND is an essential part of your health care team.

Let me share one of my favourite quotes with you by Thomas Edison, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease".

In my opinion, the future is here and naturopathic doctors are ready to help you achieve better health, naturally, safely and effectively.