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STEPPING BACK INTO HEALTH IN THE NEW YEAR!!!

Has the holiday season taken a toll on you physically, mentally, and emotionally? Do you want to shed a few pounds and feel better about yourself? Are you ready now to make a change in the right direction of your health? Naturopathic medicine, an individualized, comprehensive form of healthcare, can address your health concerns and get you on the right track for the New Year.

Naturopathic Medicine takes into consideration the whole person, and how each individual experiences their illness. It determines the source of the problem and treats with natural, non-invasive therapies. A comprehensive intake covering all aspects of a person's health is discussed, and a physical exam is performed. Based on the assessment, a variety of natural therapies are prescribed to treat and heal the body, including nutrition and dietary supplements, acupuncture, herbal medicine, homeopathy, counselling, and Bowen Therapy.

Virtually any disorder can be treated with Naturopathic Medicine. Nutritional counseling is one of the main components of any treatment. Based on the presenting symptoms, it is important to rule out any food sensitivities that could be contributing to ill health. Elimination diets or food allergy testing are excellent ways to determine whether the foods you are eating are causing you to feel unwell.

Due to today's fast-paced society, the foods eaten on a daily basis are fast food, processed, refined, nutrient deficient, and heavily contaminated with preservatives and artificial colourings and flavorings. If you often wonder why you have no energy, are always getting sick, have difficulty concentrating on simple tasks, and gain weight easily, it is likely to be the foods you are eating.

In addition to eating the proper foods for your condition, you may also require nutritional or herbal supplementation. Various supplements are useful in treating digestive problems, high blood pressure and cholesterol, cancer, depression, headaches, chronic pain, and many other disorders. It is important to have a naturopathic doctor design an appropriate treatment protocol for your needs and to recommend high quality supplements free of unnecessary additives, preservatives, fillers and colorings.

Other therapies offered by naturopathic medicine are acupuncture and homeopathy. Acupuncture is a highly effective therapy useful in treating many health conditions. It works by balancing the areas of the body that are "out of balance" (deficient, excessive, or stagnant) and moves energy through the channels of the body in order to remove blockages, eliminate pain, increase energy and promote health. It is also highly effective for anxiety and stress as it relaxes the body, and puts it into a "parasympathetic state". Most health conditions related to stress can be treated effectively with acupuncture.

Homeopathy is another invaluable form of therapy offered by naturopathic medicine. Homeopathic remedies are prepared using plant, mineral, and animal sources in a diluted form,

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which allows the body to react against the disease and bring about a state of health. Precise questioning of physical, mental and emotional symptoms guides the practitioner to prescribe a remedy specific for you. Homeopathy is one of the oldest forms of medicine, around long before pharmaceutical drugs and remains popular in Germany's mainstream medical establishment.

Bowen therapy, a popular therapy from Australia, is a hands-on approach to healing that releases tension in various areas of the body and can be used to alleviate pain, relieve restrictions, and provide emotional healing.

This year, make you and your family's health a priority. Seek the help you need to determine the underlying cause of your health problems. Even if you consider yourself healthy, it is even possible to improve and optimize your health far beyond your expectations. As there is no single pill to "cure" a disease, it is up to you to take the necessary steps to live a long and healthy life.