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What is Naturopathic Medicine?

by

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Naturopathic Medicine is a primary health care system that uses natural therapies to support and stimulate the body's innate ability to heal itself. Naturopathic medicine addresses the physical, mental, emotional, environmental, and spiritual aspects of health to identify and treat the root cause of disease.

As a naturopathic doctor, I integrate a variety of natural healing therapies including clinical nutrition, botanical medicine, homeopathy, Chinese medicine and acupuncture, physical medicine, and lifestyle counselling. I also have training in IV vitamin injection therapy and Bowen therapy - a hands-on healing technique.

The focus of naturopathic medicine is to establish optimal health and disease prevention. The body has an innate ability to heal itself when the obstacles to cure (poor diet, alcohol, smoking, stress) are removed and the fundamentals of health are provided. Doctor in Latin is *docere* which means "to teach". Naturopathic doctors teach patients about healthy living by providing individualized diet regimes and lifestyle changes.

Naturopathic doctors treat virtually any condition. Some patients seek optimal health and disease prevention, while others suffer chronic and severe illnesses which require additional and alternative solutions to their health problems. Some of my main areas of focus are optimal digestion, weight management, heart health, and chronic pain.

Naturopathic doctors are trained for a total of 7-8 years in university in the medical sciences and afterwards at an accredited naturopathic medical school (of which there are only two in Canada and four in the United States)

The length of visits is 90 minutes for the first consult and 15-45 minutes for subsequent visits. The cost is not covered by MSP but is covered by extended health benefits.

This week is nation-wide Naturopathic Medicine Week! To celebrate and educate the public about what naturopathic medicine has to offer, I am hosting an open house at Family Chiropractic Clinic this Saturday, May 14th from 12-4pm and am offering FREE 15 minute consults, supplements' discounts, refreshments, and draw prizes!