

## *What is a Naturopathic Doctor?*

Naturopathic doctors combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and rendering to the body what has been lost or omitted over time. By using protocols that have no risk of harm, NDs help facilitate the body's inherent ability to restore and maintain optimal health. It is the ND's role to identify and remove barriers to good health by helping to create an internal and external healing environment.

What NDs do is done in good faith. They help the client explore options towards "better health." They are not treating the person; they guide the client in making choices concerning returning to the client's diet what has been lost or omitted over time. This enables the body to heal by rendering to the body the building blocks to repair itself. NDs use a paramount preventative tool by encouraging their clients to take food-based supplements, which are totally absorbable. A very wise man said, "An ounce of prevention is worth a pound of cure"! -- Benjamin Franklin

Naturopathic doctors work in private practices, hospitals, clinics and community health centers. NDs practice throughout the United States and Canada. Qualified NDs undergo rigorous training, obtaining an abundance of experience, to be able to wisely use their knowledge.

NDs can help with many conditions and can provide both individual and family health care. Among the most common ailments they treat are allergies, chronic pain, digestive issues, hormonal imbalances, obesity, respiratory conditions, heart disease, fertility problems, menopause, adrenal fatigue, cancer, fibromyalgia and chronic fatigue syndrome. NDs can perform minor surgeries, such as removing cysts or stitching up superficial wounds. However, they do not practice major surgery. NDs

are trained to emphasize and utilize homeopathic medicine and food-based supplements.

### Your First Visit

A naturopathic doctor will take time with you. During your first appointment, your ND will take your health history, find out about your diet, stress levels, use of tobacco and alcohol, and discuss why you're there. He or she may perform modalities to reveal dysfunction and find its cause in order to prevent sickness and disease from manifesting. NDs keep themselves up-to-date on the latest scientific research and incorporate this evidence into their experience in order to better advise their clients. The ND will work with you to set up a customized health management strategy. If necessary, your ND will refer you to other health-care practitioners.

A first visit with a client may last one to two hours and follow-up visits range from 30 to 60 minutes, although this varies depending on the ND. NDs need sufficient time to ask questions and understand the patient's health goals. They also need time to gather information, do an appropriate analysis and teach his or her clients about managing their condition and improving their health. An ND may also use modalities such as a blood test to fully understand their patient's health status. Besides taking the time to carefully and fully assess a patient's root problem, NDs speak and understand the language of conventional medicine. They have an understanding the way MDs do; yet, they bring to the client a whole new arsenal of wellness concepts and insights. Instead of waiting for a disease to emerge, NDs work to head it off before it happens.

### The Natural Health Clinic

We endeavor to use wisdom! Wisdom is the ability to see one's circumstances *objectively* and *clearly*. By *objectively*, we mean that wisdom is the ability to see life from a perspective bigger than oneself.

Wisdom is the ability to "stand above" circumstances and see the true nature of one's surroundings. Wisdom is also the ability to see clearly—to have a clear understanding of one's circumstances in order to be able to explain them and identify solutions to problems.

The Natural Health Clinic has its own product line, an exhaustive range of vitamins and herbal supplements and a professional line of products only available through a naturopathic doctor. From its inception as the Natural Health Clinic (NHC) in 1986, NHC has promoted naturopathy, the philosophy of natural health and healing. The Clinic was founded on four fundamental principles of natural health:

1. Understanding the reason why the condition was contracted.
2. Feeding the body with food supplements.
3. Helping the body to evacuate toxic substances.
4. Helping the body's energy system through herbs, vitamins, and organic foods.