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“Reclaim, Restore & Replenish Body Mind & Spirit”
Located at Vital Link Wellness Centre in Grimsby (289) 235-8200

WHAT CAN BE EXPECTED AT A VISIT TO AN ND?

The first visit is an hour long. An in-depth patient history will be taken and a physical exam is performed. Laboratory tests will be used to assist in making an assessment and diagnosis. After researching the case, a personal treatment plan will be proposed at the second visit, which takes 45 minutes. 30 minute follow up visits are done as needed to ensure your health is improving as expected, and to allow for modifications in the treatment plan.

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is a unique & holistic approach to improving health and treating illness. Focusing on prevention and using natural substances and treatments, naturopathic doctors (NDs) work with their patients to support and stimulate the body's innate ability to heal itself.

The primary goal of naturopathic medicine is to address the *cause* of illness rather than suppression of symptoms or disease management. The patient is seen as a whole person as the ND strives to take their physical, mental, spiritual & emotional dimensions into account when developing a treatment plan.

WHAT IS THE DIFFERENCE BETWEEN NATUROPATHIC MEDICINE & CONVENTIONAL MEDICINE?

Conventional medical physicians often prescribe medication to alleviate symptoms. Naturopathic Doctors ask why those symptoms are happening and consider the whole health picture of that person. A treatment approach offered by a Naturopathic Doctor is designed to remove obstacles that may inhibit the body's ability to maintain optimal health. Treatments are intended to help the body regain and sustain balanced function. When obstacles to health are removed, and the body's function is balanced, symptoms resolve. If this is achieved, quality of health significantly rises.

Naturopathic Doctors work to educate people about health and give solutions to help people feel their best and prevent illness. Improved health and vitality leads to a better quality of life and overall feeling of wellness.

HOW ARE NDS TRAINED?

NDs are general practitioners of natural medicine who have at least seven years of post-secondary education. This includes a 4-year full-time program at one of four accredited naturopathic institutes in North America. NDs learn conventional and alternative diagnostics, basic medical sciences, and natural approaches to addressing body-mind illness. NDs complete 1500 hours of supervised clinical internship treating patients. Graduates must then pass rigorous provincial and international examinations before obtaining a license to practice naturopathic medicine.

WHAT KIND OF HEALTH ISSUES CAN BE TREATED?

Naturopathic medicine covers all aspects of family health from prenatal to geriatric care. Virtually all conditions can benefit from naturopathic care, including women's and men's health issues, chronic illness, and acute conditions.

WHAT TREATMENTS WILL BE USED?

CLINICAL NUTRITION:

Nutritional analysis will be done and customized meal plans may be recommended. Treatment may include nutritional supplements such as vitamins, minerals, or enzymes. Supervised cleanses may be used to detoxify the body and return it to optimal health.

BOTANICAL MEDICINE:

The use of plants as medicine dates back to the beginnings of civilization and is the foundation of modern pharmacology. The use of plant products in naturopathy for their healing and nutritive properties is based on both traditional practices and modern scientific research.

STRESS MANAGEMENT AND LIFESTYLE COUNSELING:

Exercise prescription, stress management, relaxation response and other counseling interventions are often used to address the various factors that affect an individual's health.

WHAT IS THE DIFFERENCE BETWEEN A NATUROPATHIC DOCTOR AND A HOMEOPATHIC DOCTOR?

A Naturopathic Doctor has a broader scope of practice than a Homeopathic Doctor. Nutrition, lifestyle counseling, traditional Chinese medicine, botanical medicine and homeopathic medicine is all part of the Naturopathic Doctor's scope of practice, whereas the Homeopathic Doctor is only trained in the use of homeopathic remedies. A homeopathic remedy is composed of a natural ingredient, or combination of ingredients, in a preparation that makes it different from botanical remedies, vitamins or minerals.

IS NATUROPATHIC MEDICINE COVERED?

Although naturopathic medicine is not currently covered under O.H.I.P., most private health insurance plans cover naturopathic treatments.