

Naturopathic Medicine

Conditions Treated

- Anxiety and Depression
- Autoimmune Diseases and Cancer
- Cardiovascular Disease (high blood pressure, cholesterol, diabetes)
- Colds and Flu/Immune Support
- Digestive Complaints (bloating, reflux, IBS, IBD, constipation, etc.)
- Headaches/Migraines
- General Health Maintenance
- Hormonal Imbalances
- Menstrual Irregularities and Menopause
- Musculoskeletal Problems and Pain Management
- Sleep Problems
- Stress Management and Fatigue
- Weight Loss

Benefits of Treatment

- Dietary Counseling
- Lifestyle Modification
- Nutritional Supplementation
- Natural Health Products
- Physical Therapy (soft tissue mobilization, trigger point release, active release stretching)
- Acupuncture (with or without electro-stimulation)
- Botanical (Herbal) and Homeopathic Products
- Food Sensitivity Testing
- Hormone Panel



Common Questions Asked

What is Naturopathic Medicine?

Naturopathic Medicine is a unique system of integrative health care. It combines conventional medical knowledge, assessment, and diagnosis, with traditional approaches to health, such as dietary and lifestyle counseling, clinical nutrition, botanical medicine, traditional Chinese medicine and acupuncture, physical medicine (manual therapy and manipulations), and homeopathy. It seeks to determine the true underlying cause of illness or dysfunction in order to achieve optimal health and reduce the risk of chronic disease.

How Are Naturopathic Doctors Regulated?

Naturopathic doctors are licensed health care providers in the province of Ontario, regulated by the College of Naturopaths of Ontario (CONO) under the *Regulated Health Professionals Act*. Naturopathic doctors have completed at minimum an undergraduate degree, a post-graduate degree in naturopathic medicine from an accredited naturopathic medical school, and several rounds of licensing examinations.

What's the Difference Between a Naturopathic Doctor (ND) and a Medical Doctor (MD)?

Similar to your medical doctor, naturopathic doctors are trained in assessing, diagnosing, and understanding conventional medical illnesses, diseases, and conditions. We perform similar physical examinations, can either perform or interpret a number of diagnostic tests, and have a working knowledge of pharmaceutical and conventional treatment protocols. However, appointments with a naturopathic doctor are generally much longer (30-90 minutes), as we like to take a detailed intake, ask lots of questions, and learn about the patient as a unique individual. From there, naturopathic doctors develop specific treatment plans to address multiple systems and symptoms, with a focus on non-pharmaceutical therapies.