



HEALING FOUNDATIONS

Naturopathic Clinic

What are you waiting for?

A glimpse into the world of Naturopathic Medicine and how it can help you and your business get healthy and stay well for years to come.

Over the last decade our nation's health care system has been a topic of much concern, especially in terms of wait times. Everyone is waiting and waiting! You wait for the doctor whether you are in for a check-up, at the walk-in clinic or the emergency room. Many people wait months to see a specialist, surgeon or to have a CT or MRI scan. People are concerned about wait times because they are suffering with health problems that no one seems to have the answer to, and if they do, treatment options are limited, beginning and ending with drugs and surgery. Although appropriate in many cases, these methods are not without side effects or another set of health problems. The rhetoric is: Was it worth the wait? In my experience, it has not been for most people.

WAIT! There is an additional/alternative health service that is growing extensively in our country.

Naturopathic Medicine is a complete system of health care that uses laboratory investigation and natural medicines in order to discover and treat the underlying cause(s) of disease in each individual. Naturopathic Medicine addresses the physical, mental, emotional, environmental and spiritual aspects of health. There are over 1,300 licensed naturopathic doctors providing safe, effective health care to patients across Canada every day.

Education of Naturopathic Doctors:

Naturopathic doctors have at least seven years post-graduate training. Naturopathic medical college is a full-time, four-year program where medical and clinical sciences are learned in the same fashion as in conventional medical school. The later two years of naturopathic college involve studies in advanced diagnostics, naturopathic therapeutics and clinical experience. Graduates receive the title N.D. "Doctor of Naturopathic Medicine. Naturopathic Doctors must pass standardized North American board exams in order to be licensed to practice naturopathic medicine.

Conditions Treated:

Naturopathic Doctors treat all the same conditions as medical doctors.
The focus of Naturopathic Medicine is to establish optimal health and disease prevention.

Treatment Methods:

Naturopathic Doctors employ the treatment methods of nutrition, herbal and homeopathic medicine, Traditional Chinese Medicine and acupuncture, physical medicine and lifestyle counseling. Naturopathic therapies have a long history of safe, effective use that is supported by strong evidence based research in our modern times.

Health Coverage:

Most insurance providers cover a significant portion of naturopathic consultation fees as part of a patient's extended health care benefits. At this point, naturopathic medicine is not covered by provincial health care plans. However, most people find it well worth their time and money because of the positive outcomes it provides for their health and therefore the health of everything around them including their businesses!

So what are you WAITING for? Book an appointment with your local naturopathic doctor today and discover the health benefits that truly AWAIT YOU.

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