

SXS WELLNESS GRAND OPENING NEWSLETTER

NADINE THE NATUROPATH'S FAVORITE MISCONCEPTIONS ABOUT NATUROPATHIC MEDICINE!

NATUROPATH ≠ HOMEOPATH

Yes we use homeopathy, but oh so much more

Naturopathic medicine uses homeopathy as a modality of treatment, but our scope of practice and treatment goes far beyond homeopathy alone. The main treatments I prescribe to patients are: **acupuncture, massage/soft tissue work, nutritional and lifestyle plans, supplements and botanical tinctures** (using the medicinal properties of plants to heal what ails you)

WE LIKE TO USE GEMS AND SAY CHANTS

Gems are nice, but scientific evidence is more effective

Naturopath's go through 4 years of vigorous training in western medical sciences and clinical diagnosis. Our treatment plans are developed through a patient-centered approach to human physiology and implemented using the least invasive therapies possible. Not to take away from the successes other alternative practitioners, but purely energetic therapies are not commonly used by a Naturopathic Doctor. Science doesn't have all the answers, but understanding it and applying its principles can make all the difference!

WE TELL YOU TO TAKE 100 PILLS A DAY

Supplements are helpful, but food and sleep are better

There are the rare cases that require large amounts of supplements to support the body, but often this is not the case. The naturopathic approach to encourage health in the body is not to bombard our patients with pills and potions. Our therapeutic order asks us to first find and eliminate the obstacles to cure and create an environment in the body and mind that is conducive to healing. Often this is done by adjusting lifestyle habits to decrease the major causes of stress on the body. The power to heal is within each and every one of us. The art of naturopathic medicine is discovering how to unlock that potential in each person we treat.

COMMON CONDITIONS TREATED WITH NATUROPATHIC MEDICINE

- Chronic and Acute Pain
- Fatigue
- Hormonal Imbalances
- Weight and Appetite
- Allergies
- Depression
- Insomnia
- Thyroid Conditions
- Headaches and Migraines
- High Blood Pressure and Cholesterol

To learn more about Naturopathic Medicine book a free 15 minute consultation

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