

ALLERGIES/ASTHMA and NATUROPATHIC MEDICINE

The word **allergy** means a hypersensitive reaction to specific substances that cause an immune system response. Allergies can be triggered by anything you come in contact with either in the environment, food, or in your home. A person with allergies experiences symptoms in a variety of ways, including itchy/watery eyes, hives or other skin rashes, sneezing, headaches, stuffy sinuses or diarrhea. You may be surprised at the types of illnesses and discomforts that may actually be caused by allergies, including:

Eczema • Bed-wetting • Migraines • Bowel problems
Trouble concentrating • Mood disorders • Low blood sugar
Chronic ear infections • Grinding teeth



- Are you tired of dealing with allergies every spring and fall?
- Do your itchy/watery eyes and runny nose leave you feeling low and lacking energy?
- Are you concerned about the medications you are taking for your asthma and their long term health effects?

If you answered yes to any of these questions you may benefit from a consultation with a Naturopathic Doctor.

In your area contact:



Using the powers of nature to stimulate the body's unique ability to heal...

Allergies are a common ailment and something that many of us suffer from needlessly. Although medical science has not come up with a "true cure", your Naturopathic Doctor can offer you both long-term relief from the symptoms of allergies as well as the identification, and where possible, the alleviation of the cause.

Asthma can be a frightening and debilitating disease that impedes your daily life. You may feel that you can't exercise or play sports like other people. You may worry about being around animals, or during allergy season that you may suffer from an asthma attack. Asthmatics often live in fear for their lives and many resent having to take medication on a daily basis. Asthma is a chronic condition but one that has many naturopathic options for treatment.

Did you know?

The years of training of an ND is similar to a family physician.

NDs have been regulated by the Ontario government for over 80 years.

In Ontario, Naturopathic Doctors are represented by the Ontario Association of Naturopathic Doctors.

For additional information and resources on your health and naturopathic medicine visit www.oand.org

OAND Ontario Association of Naturopathic Doctors

the voice and resource for Naturopathic Doctors

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There is a
Naturopathic
approach.



When dealing with allergic conditions, including asthma, a Naturopathic Doctor will review your food intake, lifestyle and overall health. The goal is to support the immune system and strengthen the entire body to respond more appropriately to its environment. Ensuring proper digestion is another important factor in eliminating allergies. Often herbs, vitamins and homeopathic medicines are prescribed to help heal and strengthen the body.

There are many naturopathic treatments available to help deal with symptoms in acute episodes of allergies as well as to prevent them in the first place by strengthening the individual's immune system, making the patient less vulnerable to his or her environment.

Asthma is an inflammation producing disease, which is stressful to the part of the body affected by the inflammation, in this case the lungs, but also weakens the immune system over time. Using herbs, simple dietary changes and often other nutritional supplements you can alleviate inflammation. Once the inflammation is resolved, you can focus your treatments on strengthening the lungs and improving the overall immune system function.

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NATUROPATHIC MEDICINE

The primary goal of naturopathic medicine is to address the cause of a patient's illness, rather than treating or suppressing symptoms, with Naturopathic Doctors (NDs) devoting the time necessary to understand each individual patient. NDs are able to provide early diagnosis and treatment of many serious diseases. NDs also provide care that complements treatments received from other health care professions, and are highly trained to refer and consult as necessary. They are able to employ a wide range of therapies to create a preventive, restorative, and individualized approach to health care. These therapies include acupuncture and Asian medicine, botanical (herbal) medicine, homeopathic medicine, physical therapies, nutritional medicine, and lifestyle assessment and counselling.

Naturopathic medicine is founded on six principles:

- First, do no harm.
- Act in cooperation with the healing powers of nature.
- Address the fundamental causes of disease.
- Health the whole person through individualized treatments.
- Teach the principles of healthy living.
- Prevention is the best cure.

Ontario's Naturopathic Doctors (NDs) are highly trained and provincially regulated primary health care providers. NDs support and stimulate the body's ability to heal itself, focussing on prevention and using natural substances and treatments.

To practice in Ontario, NDs must complete a comprehensive and rigorous education program. This program includes three years of pre-medical studies at a recognized university followed by a four year program of full-time training at an accredited college of naturopathic medicine. After graduation, NDs must pass intensive regulatory board exams that are standardized across North America, before qualifying for registration with the provincial regulator.

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