

# ANXIETY & DEPRESSION and NATUROPATHIC MEDICINE

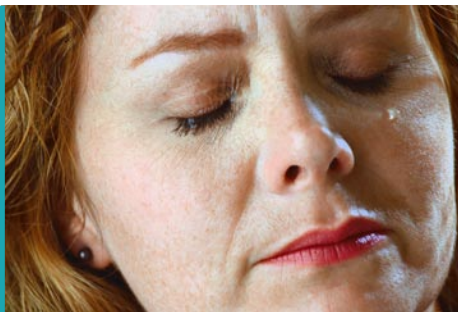
**Clinical depression** is diagnosed on the basis of the presence of eight criteria:

- Poor appetite with weight loss, or increased appetite with weight gain
- Insomnia or too much sleep
- Physical hyperactivity or inactivity
- Loss of interest or pleasure in usual activities, such as sexual drive
- Loss of energy and feelings of fatigue
- Feelings of worthlessness, self-reproach or inappropriate guilt
- Diminished ability to think or concentrate
- Recurrent thoughts of death or suicide

If five or more of these symptoms are continuously present then a diagnosis of clinical depression may be indicated. Symptoms must be continuously present for at least one month to be called depression.

**Anxiety** is different from depression. Anxiety can cause feelings of nervousness, heart palpitations, chest pain, headache, dizziness, and feelings of stomach irritation. It can also affect memory and decrease reaction time. Anxiety is often associated with depression and the two conditions are often symptoms of the same underlying cause.

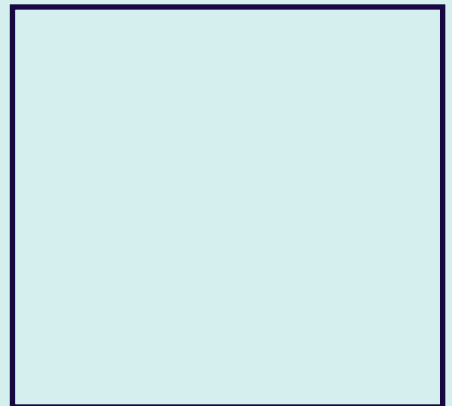
Using the powers  
of nature to  
stimulate the  
body's unique  
ability to heal...



- Are you looking for another approach to dealing with your depression/anxiety?
- Are you concerned with how your medicines may interact with each other?
- Are you ready to take control of your treatment and your life?

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

In your are contact:



Many people experience some form of depression, with symptoms ranging from mild feelings of sadness to serious considerations of suicide. Increased scientific, media and social attention to depression has helped this common condition shed much of the stigma formerly associated with it.

Chemicals in the brain called neurotransmitters are responsible for affecting one's mood. There are many factors that can affect the levels of these chemicals including nutrient deficiencies or excesses, drugs (prescription or otherwise), alcohol, caffeine, nicotine, low blood sugar, hormone imbalances, allergies, stressful events, environmental toxins and microbial factors (infection). Naturopathic medicine can play an important role in achieving the right chemical balance and significantly improving one's mood.

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](http://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.



After a thorough review of your symptoms, and upon ruling out any potentially dangerous conditions causing those symptoms, your Naturopathic Doctor will help you determine which factors are contributing to your depression/anxiety.

Next, the underlying cause is treated using the healing powers of nature to stimulate the body's own unique ability to heal and correct imbalances. Naturopathic Doctors employ botanical and homeopathic remedies, acupuncture, therapeutic touch and nutritional supplements to do this. Your lifestyle, including physical activity, stress management techniques and sleep patterns are all considered when your Naturopathic Doctor puts together a treatment program specifically for you.

While your body is healing, many natural remedies can be used to help you cope with the symptoms of anxiety and depression. To ensure there are no improper drug interactions, Naturopathic Doctors will consult with your counsellors and other therapists.

## Did you know?

**Most extended health care packages cover visits to Naturopathic Doctors.**

**NDs do more than just suppress symptoms. Our focus is using natural methods to help the body's self-healing capacity.**

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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.
- Heal the whole person through individualized treatments.
- Teach the principles of healthy living.
- Prevention is the best cure.

Ontario's Naturopathic Doctors 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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