

WOMEN'S HEALTH and NATUROPATHIC MEDICINE

Naturopathic medicine can help women with such conditions as:
premenstrual syndrome • fertility • endometriosis • breast cancer
uterine fibroids • heart disease • pregnancy and birth • menopause
ovarian cysts • yeast infections • genital warts • painful periods
missed periods • mastitis • cervical dysplasia • eating disorders

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



Women today are busy, stressed and often trying to do more than their share of tasks. Women often lack the support they need to keep them healthy – mentally, emotionally and physically. More and more women are turning to Naturopathic Doctors to help them manage their health concerns and learn stress management techniques.

Women's health concerns are among the most common that Naturopathic Doctors will see in their practices. Most female health concerns can be addressed effectively without drugs or surgery using naturopathic treatment. Women's health is a broad subject that can entail a variety of conditions.

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.

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

- Do you suffer from painful or extremely heavy periods?
- Are you having a hard time managing symptoms of menopause?
- Are you concerned that your hormones are ruling your life?
- Do you worry about breast diseases and wonder what preventive steps you can take?

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

In your area contact:



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the voice and resource for Naturopathic Doctors

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There is a
Naturopathic
approach.



Naturopathic Doctors can help prevent disease and relieve discomfort in women at all life stages, including during puberty, menstruation, pregnancy, menopause and post menopause. The goal for treating women's health is to help balance hormones and prevent disease before it occurs. With heart disease and breast cancer as two of the leading causes of death in females, we work with women to create individual health assessments and treatment plans which focus on rebalancing the body chemistry in order to slow down and reverse the disease process.

Key factors in treating and preventing many diseases are proper diet and nutrition, detoxification, and stress reduction. Naturopathic Doctors also use homeopathy, acupuncture, botanical medicine and some hands-on therapeutic touch to stimulate the body's own unique ability to heal and correct imbalances. Since Naturopathic Doctors address the underlying causes of disease, recommended therapies do not focus on masking symptoms, but rather bring healing and correction to the body to help prevent disease before it occurs.

A Naturopathic Doctor will approach each individual woman differently, depending on her complete health history, family history and personal health goals. Your lifestyle, including physical activity, stress management techniques and sleep patterns are all considered when your Naturopathic Doctor puts together a treatment program for you.

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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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