



Naturopathic Modalities

Botanical Medicine: Plant extracts are chosen based on scientific evidence and traditional uses. Extracts are selected carefully and combined at optimal dosages to address many illnesses. They may be prescribed as tincture, capsule or powdered forms. Assessment of potential interaction with prescription drugs is always made.

Naturopathic Weight Loss: Appropriate weight is not only important for self-esteem but is crucial in the treatment of obesity related conditions such as high blood pressure, diabetes mellitus, heart disease, fatigue, pain, and sleep apnea. Successful weight loss is based on healthy food choices, proper caloric intake and exercise. However, unrecognized imbalances in insulin, cortisol, glucose utilization and neurotransmitters may impede your hard work. Identification and treatment of these imbalances allows for successful weight loss.

Tissue Cleansing & Detoxification: Organs that detoxify and eliminate such as the liver, kidneys and gastrointestinal tract share the crucial responsibility of either transforming toxic and harmful substances inhaled or eaten into harmless substances to be removed before harm can be done. Our increasingly polluted environment overtaxes our system leading to the accumulation of toxic chemicals such as xenobiotics, solvents, and plastics. Disease processes develop in sensitive organs and systems such as the brain and neuroendocrine system. Laboratory testing to identify these toxins followed by the use of therapies that remove these contaminants coupled with tools to avoid contamination in the future restore health. Medical supplements and botanicals given orally and or intravenously help increase detoxification and enhance anti-oxidant status for safe and effective cleansing.

Lifestyle Coaching: Mental attitude and stress play a major role in illnesses as varied as cardiovascular disease, autoimmunity and chronic fatigue syndrome. Addressing these influences is often key to restoring not only emotional wellbeing, but physical health as well.

Medical Nutrition & Diet Therapy: Considered a cornerstone of naturopathic medicine, diet and nutrition are often the first facets addressed in a patient's lifestyle. Many conditions are treated more effectively and appropriately with well selected foods and nutritional supplements. The use of specific diets, the addition of certain foods or the elimination of others along with high quality vitamins, minerals or other supplements may be employed.



Homeopathy: This gentle yet effective system of medicine is more than 200 years old and is based on the principle that 'Like' cures 'Like.' Homeopathic medicines are very small doses of natural substances that can stimulate the body's self-healing response. Some conditions for which conventional medicine has no effective treatments will respond well to homeopathy.

Bio-identical Hormones: Hormonal imbalances exist in men and women. These imbalances are associated with osteoporosis and menopausal symptoms like "hot flashes," depression, weight gain, loss of virulence and premature aging. Recent medical literature reports the dangers of using synthetic estrogens at high doses over long periods of time. The temporary use of bio-identical hormones at low doses is a safe and effective way to receive the benefits of hormones.

Intravenous Vitamin & Mineral Therapy: Delivering nutrients directly into the venous system is an effective and efficient way to provide therapy for conditions such as influenza and colds, chronic fatigue, fibromyalgia, hypertension and the toxic tissue burden of environmental contaminants.