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# The Black Voice News

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Building Better Communities

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Thursday, October 12, 2006

## Riverside Welcomes First State Licensed Naturopathic Doctor

*The Black Voice News*

### RIVERSIDE

Residents of Riverside and the surrounding areas no longer have to travel to Los Angeles or San Diego County to see a naturopathic doctor. Dr. Ayo Bankole opened his office, the Total Wellness Institute this past spring in Riverside. Health consumers may remember that in September 2003, then Governor Gray Davis signed into law bill SB-907 granting licensure to graduates of accredited naturopathic medical schools, thereby expanding options to health consumers in a safe and regulated manner. Naturopathic doctors are required to pass national board examinations to gain licensure and insure competence.

Naturopathic doctors combine their training in medical sciences such as anatomy,



Dr. Ayo Bankole

physiology, biochemistry and diagnostics with botanical medicine, clinical nutrition and homeopathy to provide effective and individualized therapies for their patients. Dr. Bankole states "the advantage of seeing a naturopathic doctor is that we take time to listen to patients,

focus on healthy lifestyle choices and are able to improve patient's health without an over reliance on drugs." Naturopathic doctors possess a distinct philosophy that relies on six principles: the healing power of nature, identify and treat the cause, first do no harm, doctor as

teacher, treat the whole person and prevention.

At the Total Wellness Institute patients are offered testing to identify difficult to diagnose problems as well as addressing nutritional status, lifestyle and environmental contributors to illnesses. Dr. Bankole provides a wide range of therapies including botanical medicine, medical nutrition, homeopathy and "natural" hormone replacement. He treats conditions such as obesity, arthritis, allergies, diabetes, gastrointestinal disorders, high blood pressure, heart disease, autoimmune disorders and others.

Dr. Ayo Bankole and the Total Wellness Institute are located at 1485 Spruce Street, Suite Q, in Riverside. Call (951) 801-2302 for a free consultation or to make an appointment.

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