WHAT TO **EXPECT WHEN YOU SEE A** NATUROPATHIC PHYSICIAN



primary care providers. They diagnose, treat, and manage patients with acute and chronic conditions.

Naturopathic physicians are trained as





the level of body, mind, and spirit.

While addressing disease and dysfunction at

NATUROPATHIC PHYSICIANS AND MEDICAL DOCTORS HAVE QUITE A LOT IN COMMON, INCLUDING: Attending accredited schools

- Facing similar coursework, especially in the
- biomedical and diagnostic sciences Being focused on helping to improve the health
- and well-being of the patient



when you visit an MD's office, you may be pleasantly surprised by what you find during your first visit to a naturopathic doctor.

But while you might know what to expect

60-90 MINUTES At the crux of naturopathic care is the commitment of your ND to treat the whole

person. Doing that requires knowing more about you, the patient, in order to proceed with an individualized treatment plan. NDs can learn a lot about a patient during a thorough initial consultation, including previous health history.



OUTCOMES ARE While everyone's goal might be to "feel healthier" many patients have specific

YOU'LL BE ASKED WHAT YOUR DESIRED



ailments bothering them, or certain goals they'd like to achieve (such as increased energy levels). Your ND will tailor your consultation and treatment plan based on these expectations.

You know the old adage you are what you eat? It's true!

specific questions about your diet (such as how you feel after eating certain foods).

That's why your ND will ask you



LOOKS MIGHT NOT BE DECEIVING The condition of a person's eyes, skin, nails and tongue can tell volumes about a person's health, so don't be surprised if your ND



patterns.

Irregular sleep patterns and difficultly sleeping can have a

WORKING IN CONCERT WITH MEDICAL

to know about your sleep



wants to take a closer look at these parts of

your body.



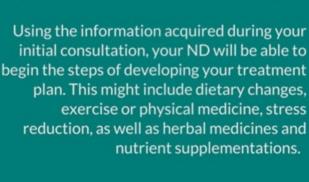
support as well.

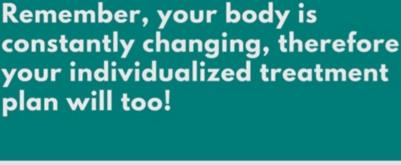
Your ND won't necessarily suggest

support while you consult with your MD on how best to achieve this. NDs can also prescribe in a number of jurisdictions and provide this

you come off your prescribed medications, but if this is one of your goals, he/she will provide

THE DEVELOPMENT OF YOUR INDIVIDUALIZED TREATMENT PLAN





EVIDENCE-INFORMED THERAPIES THAT BALANCE THE LEAST HARMFUL AND MOST EFFECTIVE APPROACHES TO HELP FACILITATE THE BODY'S INHERENT ABILITY TO RESTORE AND MAINTAIN OPTIMAL HEALTH.

NATUROPATHIC PHYSICIANS PROVIDE INDIVIDUALIZED



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