

WHAT TO EXPECT WHEN YOU SEE A NATUROPATHIC PHYSICIAN



Naturopathic physicians are trained as primary care providers. They diagnose, treat, and manage patients with acute and chronic conditions.



While addressing disease and dysfunction at the level of body, mind, and spirit.

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



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

FIRST OFFICE VISITS MAY LAST BETWEEN 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.



YOU'LL BE ASKED WHAT YOUR DESIRED OUTCOMES ARE



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

FOOD WILL BE A FOCAL POINT

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

That's why your ND will ask you specific questions about your diet (such as how you feel after eating certain foods).



Helpful Tip:

Keeping a food/symptom journal is a good idea that many NDs will recommend. You might want to keep a journal leading up to your first ND visit to better assist the doctor with your individualized treatment plan.

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 wants to take a closer look at these parts of your body.

HOW'D YOU SLEEP LAST NIGHT?

Irregular sleep patterns and difficulty sleeping can have a tremendous impact on your health and wellbeing. Your ND will want to know about your sleep patterns.



WORKING IN CONCERT WITH MEDICAL DOCTORS



Certain herbs and nutrients interact with other medications, which is why your naturopathic doctor will want to know about any medications you're taking.

GOOD TO KNOW

Your ND won't necessarily suggest you come off your prescribed medications, but if this is one of your goals, he/she will provide 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 support as well.



THE DEVELOPMENT OF YOUR INDIVIDUALIZED TREATMENT PLAN



Using the information acquired during your initial consultation, your ND will be able to begin the steps of developing your treatment plan. This might include dietary changes, exercise or physical medicine, stress reduction, as well as herbal medicines and nutrient supplementations.

Remember, your body is constantly changing, therefore your individualized treatment plan will too!

NATUROPATHIC PHYSICIANS PROVIDE INDIVIDUALIZED 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.

