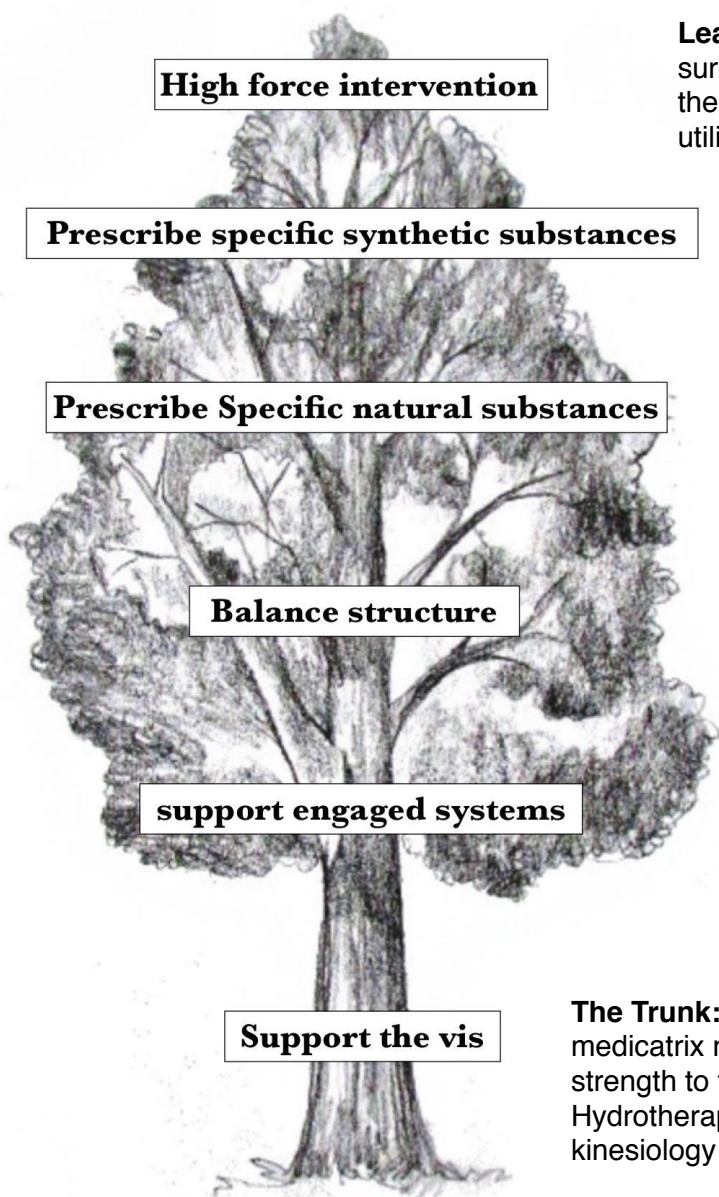


How A Naturopathic Doctor Views Health Care

The tree depicted below signifies the treatment hierarchy of the naturopathic doctor. The roots are the critical source of support for the tree and thus treatment must begin by looking at the possible “roots” of illness and by balancing the determinants of health. Care continues skyward with less importance placed on these treatment modalities unless absolutely necessary.



High force intervention

Leaves-Flowers-Fruit: High force interventions such as surgery may be necessary to change the shape or look of the structure, or to close wounds but the body still needs to utilize energy from the roots below to heal

Prescribe specific synthetic substances

Twigs: A naturopath is trained to use pharmaceuticals when necessary; however, unlike the allopath this is not the first line of intervention

Prescribe Specific natural substances

Small Branches: Experts in vitamin, mineral and herbal therapy the naturopath uses these specific substances when deficiencies are present or to encourage the body’s natural healing in a specific way

Balance structure

Medium Branches: Naturopaths are trained in physical medicine and know that when the musculo-skeletal system is imbalanced, healing is not as quick or thorough.

support engaged systems

Large Branches: The “sick” body is showing signs & symptoms as it tries to clear the illness. Blocking these symptoms may prolong the illness or drive it deeper into the body but supporting the actions of the body which cause symptoms can speed recovery

Support the vis

The Trunk: Encouraging the body’s natural ability to heal (the “vis medicatrix naturae”) maintains a free flow of root nutrients gives strength to the form and allows growth to occur above. Hydrotherapy, homeopathy, massage and acupuncture, hypnosis & kinesiology are common modalities used to accomplish this

Determinants of Health

The Roots: Breath, Water, Nutrition, Exercise, Relaxation and Sleep must be addressed first! imbalances in these determinants of health can lead to many if not all illness.