

BENEFITS OF USING A NATUROPATH

What is a Naturopath Doctor?

Naturopathic Doctors offer a holistic approach to health where they adequately assess mind, body and spirit drawing upon a range of complementary and natural medicines to help you address and regain your health.

Holistic medicine is a mode of healing that addresses the entire person including physical ailments as well as any mental or emotional issues. A naturopath offers treatment that focuses on the root cause of the illness rather than just the overt symptoms.

A naturopath will recommend a treatment plan that will draw on the body's ability to heal itself. Treatments are most often natural, safe and gentle and can be personalized to suit the individual needs of the patient.

How is a Naturopath trained?

Naturopathic medical schools are four-year post-graduate degree programs recognized by the department of health as accredited institutions that grant the doctoral degree of Naturopathic medicine. A naturopath takes the same basic medical sciences as an MD, the difference being they specialize in natural medicine. Some of the modalities an ND uses are vitamins, supplements, homeopathic medicine, acupuncture, Bowen therapy, nutrition, lifestyle counselling. Naturopathic doctors have access to regular lab work as well as specialty test ie. Allergy tests, hormone panels etc. Graduates of the four accredited Naturopathic medical colleges in North America must pass numerous Board Exams to receive their license of Naturopathic Medicine and/or acupuncture.

With **Lyme Disease** however, you will want to look for a **Lyme Literate Naturopath**. They can offer you the choice of the natural approach to treatment, or the antibiotics route. If the latter is your choice, they will help support your body while on treatment. They feel that it's important that if you're on antibiotics for a long period of time that your body needs to be supported. In some provinces such as British Columbia Naturopath's can prescribe antibiotics. Manitoba is moving towards that in the future, but for now, they will often refer you to a LLND in another province if you cannot get it from your personal physician.

DISCLAIMER

The Manitoba Lyme Disease Group does not endorse any drug or treatment. Information it provides is intended merely to keep people informed. The manifestations and severity of Lyme disease and tick borne infections vary. Individualized medical management is therefore essential. The Manitoba Lyme Disease Group strongly recommends that all drugs and treatments be discussed with one or more doctors or health care providers to ensure proper evaluation and treatment.