

## THERAPIES

*Using a range of therapies allows naturopathic doctors to be flexible in designing the best treatment plan possible for each individual patient.*

**The selection of therapies used by naturopathic doctors for individual patients may include:**

- ❖ **Clinical Nutrition** examines the relationship between diet and health. Special diets may be recommended. Treatments may include nutritional supplements such as vitamins, minerals, enzymes and other nutraceuticals.
- ❖ **Botanical/Herbal Medicine** uses plant substances from around the world for their healing effects and nutritional value. The use of plants for healing dates back to the beginnings of civilization and is the foundation of modern pharmacology.
- ❖ **Homeopathic Medicine** is based on the principle of “like cures like” and uses minute amounts of natural substances to stimulate the self-healing abilities of the body.
- ❖ **Asian Medicine** is based on balancing the flow of Chi (energy) through the meridian pathways and includes the use of acupuncture and Oriental herbs.
- ❖ **Physical Therapy** uses a variety of hands-on techniques to manipulate the spine, joints and soft tissues. Hydrotherapy and the therapeutics use of light, heat and cold, massage, and ultrasound may also be incorporated into treatment.
- ❖ **Lifestyle Counselling** helps patients make informed choices to reach and maintain their optimal health, in response to the physical, emotional, nutritional and environmental factors that affect well-being.

## NATUROPATHIC SERVICE FEES

### Initial consultation & treatment:

1-1.5 hour session: \$140.00

### Follow up treatment or subsequent visits:

30 min. session: \$60.00

## NATUROPATHIC DOCTOR

Dr. Nirogini Mahadevan, BSc, ND

To make an appointment call

**Maple Therapeutic Clinic at:**

**(905) 795-8818**

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*Naturopathic medicine offers a customized approach to health care, where treatment plans are tailored to suit individual patients*

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## BALANCE

Can Be Achieved

Your  
Health  
And  
Naturopathic  
Medicine  
At

*Maple  
Therapeutic  
Clinic*

**Maple Therapeutic Clinic**  
6980 Maritz Drive, unit 3  
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## WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is a distinct system of primary care that addresses the root cause of illness or disease and promotes health and healing using natural therapies.

The primary goal of naturopathic treatment is to address the cause of an illness rather than simply treating or suppressing symptoms. While naturopathic doctors (NDs) are primarily concerned with addressing the root cause of an illness: the focus is more on the “why” of a disease than the “what.”

### Naturopathic doctors

Naturopathic doctors are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies.

They work in partnership with other regulated healthcare providers to ensure that patients receive the most comprehensive and effective care possible.

NDs are the only regulated health professionals in the field of natural medicine in Ontario. Registration requirements for an ND in Ontario include extensive training, comparable to that of medical doctors.

### The Guiding Principles of Naturopathic Doctors

- ❖ First, do no harm
- ❖ Act in co-operation with the healing power of nature
- ❖ Address the fundamental causes of disease
- ❖ Heal the whole person through individualized treatment
- ❖ Teach the principles of healthy living and preventive medicine

## HOW IS NATUROPATHIC MEDICINE DIFFERENT?

### IDENTIFY & TREAT THE CAUSES

In addition to alleviating acute and chronic symptoms of disease, NDs seek to identify and remove underlying causes of illness. Rather than merely eliminating or suppressing symptoms, this approach moves the body toward maintaining an optimal state of health.

### DOCTOR AS TEACHER

NDs work collaboratively with patients by sharing knowledge and information to create a successful treatment plan. Patients are encouraged to take responsibility for their own health.

### TREAT THE WHOLE PERSON

In addition to addressing specific complaints or symptoms, NDs look at the ‘whole picture’. The physical, mental, emotional, genetic, environmental and social factors contributing to the health of each individual patient are thoroughly considered.

### EMPHASIZE PREVENTION

NDs emphasize prevention of disease by assessing risk factors heredity and susceptibility to disease in each patient. Appropriate interventions can then be made in partnership with patients to prevent illness.

### SUPPORT THE HEALING POWER OF THE BODY

The practice of naturopathic medicine recognizes an ordered and intelligent self-healing process that is inherent to every individual. NDs work to identify and remove obstacles to healing and recovery and to facilitate this natural self-healing process.

## THE FIRST STEPS TOWARD OPTIMAL HEALTH

### WHAT CAN I EXPECT FROM MY FIRST VISIT TO A NATUROPATHIC DOCTOR?

Your first visit with an ND may be one hour or more in length. A very extensive patient history eliciting information about your physical, mental, emotional and spiritual health is taken and a complaint is taken and a complaint-oriented physical exam performed. Your ND may then suggest further specialized testing.

With your input, your ND will propose a personalized treatment plan to help you achieve your health goals.

### HOW DO I PAY FOR A VISIT TO A NATUROPATHIC DOCTOR?

Visits to an ND are currently NOT covered by OHIP. Most extended health care plans do cover the cost of seeing an ND. It is important to check with your extended health care provider to determine the amount of your naturopathic coverage.

### ARE NATUROPATHIC DOCTORS REGULATED IN ONTARIO?

Naturopathic doctors are the only regulated health professionals in the field of natural medicine in Ontario. NDs are regulated in Ontario under the 1925 Drugless Therapy Act and soon to be regulated under the Regulated Health Practitioners Act. NDs are registered (licensed) by the Board of Directors of Drugless Therapy-Naturopathy (BDDT-N). The BDDT-N functions to ensure that NDs are properly qualified to practice naturopathic medicine and that they follow appropriate standards of practice.

### HOW CAN I TELL IF SOMEONE IS QUALIFIED AS A NATUROPATHIC DOCTOR?

In Ontario, the public can call the BDDT-N at 416-866-8383 to verify registry of an ND.

In addition, the Ontario Association of Naturopathic Doctors (OAND) can be reached at 416-233-2001 or [info@oand.org](mailto:info@oand.org)