

## **NATUROPATHIC MEDICINE**

### ***What is naturopathic medicine?***

Naturopathic medicine is a comprehensive approach to improving health and treating illness. Focusing on prevention and using natural substances and treatments, Naturopathic Doctors (ND's) support and stimulate the body's ability to heal itself.

The primary goal of naturopathic treatment is to address the cause of illness rather than simply treating or suppressing symptoms. ND's take into account the physical, mental, emotional, and spiritual dimensions of an individual when diagnosing and developing a treatment plan.

Naturopathic Doctors receive a minimum of 8 years post-secondary education. This training includes the study of medical sciences comparable to that of a general practitioner (MD). They are also well versed in many alternative treatment modalities. Naturopathic doctors believe in patient-centered care. They have the ability to "think outside the box", utilize up-to-date medical research and are able to formulate safe and effective ways to treat ailments.

### ***What Can I Expect When I Visit A Naturopath?***

The goal of a Naturopathic Doctor is to understand the patient and the material and spiritual factors influencing his/her health. The ND will perform an in-depth interview in order to understand the patient's complaints, symptoms, family and past medical history, present pharmaceutical/supplements, and anything else the patient wishes to discuss. The ND will perform a physical examination, consider objective medical results, and may request blood work or other tests to be performed by your MD.

The ND will prescribe a personal treatment plan tailored to the patient's needs and goals.

### ***What Kind of Health Problems Can be Treated?***

Virtually all chronic and most acute conditions can benefit from treatment by Naturopathic Doctors. Naturopathic doctors treat people of all ages.

### ***Do Naturopathic Doctors Work With Conventional Health Care Providers?***

ND's are considered primary health care practitioners in Saskatchewan. They have the rights and abilities to work closely with your family physician. As naturopathic doctors focus on patient-centered care, we are motivated and pleased to work with all other healthcare practitioners.

## **OUR TEAM**

**Dr. Lucy Ormerod**, N.D, graduated from the Canadian College of Naturopathic Medicine in Toronto. In 2004 Dr. Ormerod founded Quest Clinic with the goal of bringing the highest quality of naturopathic medicine to northern Saskatchewan. Her combination of professional knowledge as well as passion for naturopathic medicine enables her to catalyze deep changes in her patients. She in turn continues to be inspired by her father, the late Dr. Richard Ormerod.

**Dr. David Nortman**, N.D. is a graduate of the University of Toronto (chemistry and philosophy) and the Canadian College of Naturopathic Medicine. David specializes in homeopathic medicine, having studied with many of the world's leading practitioners in the field. Now living back in his native Israel, David consults with patients remotely by phone and Internet, and in this manner has helped to address many concerns of the clinic's patients.

**Lois Thompson**, RN since 1974, is a Metabolic Typing Advisor ([www.healthexcel.com](http://www.healthexcel.com)) and Nutritional Coach. Lois joined Quest Clinic in 2006 with a deep passion, love and understanding for "food as your medicine." Lois specializes in Functional Diagnostic Nutrition, endocrine (hormonal) testing, and EFT.

## **TREATMENT MODALITIES**

### **Functional Diagnostic Nutrition (FDN)**

Food is a cornerstone of health and therefore we believe using food as medicine makes sense.

FDN is a comprehensive approach to using food and nutritional supplements to achieve optimal health. It considers each person's biochemistry, how they use food as fuel, their present state of health, presence of food sensitivities, and toxicity levels to determine what diet and supplements suit the individual.

At Quest Clinic we have the ability to utilize advanced laboratory exams, if needed, including: salivary hormone, bowel integrity, heavy metal, pararsite and food sensitivity tests.

### **Botanical (herbal) Medicine**

The use of plants and plant substances to aid healing dates back to the beginnings of civilization and is the foundation of modern pharmacology. Plant substances from around the world are used for their healing effects and nutritional value.

### **Homeopathic Medicine**

Homeopathic medicine is the foremost method of addressing the spiritual causes of physical and psychological ailments. It is especially suited to patients suffering from chronic conditions resistant to other treatments or from undiagnosable or non-medical conditions that affect quality of life. Homeopathic treatment begins with a comprehensive interview, following which specially prepared remedies are individually prescribed to address the specific imbalance in each person. Homeopathic patients frequently report not only relief from longstanding complaints, but also a gradual and far-reaching progression toward deep inner balance and harmony.

[www.homeopathyzone.com](http://www.homeopathyzone.com)

### **Oriental Medicine and Acupuncture**

Based on balancing the flow of qi (energy) through meridian pathways, oriental medicine includes the use of acupuncture, herbs, and lifestyle changes. Acupuncture refers to the insertion of sterilized needles through the skin into underlying tissues at specific points on the surface of the body.

### **Lifestyle Counseling**

Physical, emotional, nutritional and environmental factors affect health. ND's help patients to make effective lifestyle choices and help to identify stresses and other blocking factors that prevent optimal health.

### **Bowen Therapy**

Bowen Therapy is a subtle, fast-acting, hands-on treatment. It involves a series of gentle moves made over key muscle points followed by a two-minute pause. At this time, the nervous system transmits messages and "resets" itself. The change in the nervous system is followed by a series of changes throughout corresponding structures and accompanying cells, allowing the body to heal itself.

Bowen not only affects muscles and joints, but also internal organs and connective tissue. Many patients have experienced remarkable changes thanks to Bowen.

[www.bowtech.com](http://www.bowtech.com)

[www.bowenworkregistry.ca](http://www.bowenworkregistry.ca)

### **Emotional Freedom Technique (EFT)**

(EFT strives to relieve emotional disturbances, using tap touching on the end of Chinese meridian points.) It helps to zero in on emotional issues that contribute to physical ailments. Aside from assisting chronic complaints, EFT can greatly assist in the treatment of problems such as panic attacks, anxiety, fears, pain, and smoking cessation.

[www.emofree.com](http://www.emofree.com)