

Naturopathic Treatments for Chronic Pain

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Naturopathic Philosophy

- ◆ Grounded in healing the cause of illness
- ◆ Strong foundation in nutrition
- ◆ Importance of using gentle treatments that will allow the body to heal itself
- ◆ Treating the whole person: physically, emotionally, spiritually

Injuries

- ◆ Arnica and ice (botanical or homeopathic)
- ◆ Other homeopathic preparation
 - ◆ Classical homeopathy
 - ◆ Combination treatments
- ◆ Botanicals
- ◆ Nutrition

Fibromyalgia

- ◆ Herbal remedies for anxiety and depression
- ◆ Acupuncture
- ◆ Homeopathy
- ◆ Dietary Modification/Supplement
- ◆ Meditation and breathing techniques

Recovery from Surgery

- ◆ Nutritional support
- ◆ Supplementation
- ◆ Homeopathy
- ◆ Botanicals
 - ◆ Inflammation
 - ◆ Healing

Mental/Emotional Balance

- ◆ Neurotransmitter testing
- ◆ Amino acid balancing
- ◆ Nutritional support
- ◆ Neurofeedback
- ◆ Acupuncture
- ◆ Botanical Medicine

Chronic Pain

- ◆ Acupuncture
- ◆ Dietary Management
- ◆ Supplements
- ◆ Cold laser
- ◆ Cleansing and detoxification

Wellness

- ◆ Sports physicals
- ◆ Wellness exams (Men's and Women's)
- ◆ Mental status
- ◆ Weight loss/Nutritional Guidance
- ◆ Food allergy testing
- ◆ Heavy metals testing

Wellness (continued)

- ◆ Chronic disease management
 - ◆ Type II Diabetes
 - ◆ Cardiovascular disease
 - ◆ Asthma/Allergies
 - ◆ Osteo/Rheumatoid arthritis