

Services Guide

Naturopath

**NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-contextualize information incorporating SEO and business specifics.*

**NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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1. NATUROPATHY OVERVIEW

1.1 GENERAL INFORMATION

<http://www.cand.ca/about-naturopathic-medicine/>

- Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine.
- The naturopathic philosophy is to stimulate the healing power of the body and treat the underlying cause of disease. Symptoms of disease are seen as warning signals of improper functioning of the body and unfavourable lifestyle habits.
- Naturopaths favour non-invasive, holistic methods.
 - Holistic medicine is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease.

Disclaimer: *the majority of procedures covered in this guide have little scientific basis and their usefulness/safety has been called into question by health authorities. When writing about these services, be careful to avoid promising results or making definitive promises about efficacy.*

- *Can use phrases like “this is used to treat (disease)” rather than “this treats (disease)...”*
- *Say “can” rather than “will”*

1.2 SEO

- A lot of popular searches were for things we can't actually write on a website, like “homeopathic doctor,” which isn't a thing (at least in Canada).
- A lot of searches were for things like “what is naturopathy,” “what is nd,” “what is a naturopath,” etc. I didn't include these below because they are very non-specific in terms of location, but those might be good for an FAQ page or an H2.
- The below keywords are fairly general for naturopaths. Subpages can be tailored towards specific services that a specific naturopath offers.
 - A lot of naturopathic treatments have different names. When possible, I mentioned synonyms throughout this guide that can be used as alternative keywords (i.e. botanical medicine is a.k.a. herbal medicine, herbalism, etc.).

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Keywords (First Row – BEST, Last Row – LEAST)

○ Holistic	○ Acupuncture	○ Homeopathy	○ Naturopathic Doctor
○ Alternative Medicine	○ Natural Medicine	○ Naturopathic Medicine	○ Natural Therapy
○ Naturopathic Physician	○ Naturopathy Treatment	○ Naturopathy Centre	○ Holistic Doctor
○ ND Doctor	○ ND Naturopath		

1.3 GUIDING PRINCIPLES

<http://nsand.ca/about/what-is-a-naturopathic-doctor/>
<http://www.cand.ca/guiding-principles/>

- A lot of naturopathic websites list these principles. Many of them also list the Latin names along with each principle.

Principle	Description
1. Do No Harm <i>Primum non nocere</i>	<ul style="list-style-type: none"> ○ Naturopathic doctors choose remedies and therapies that are safe and effective, to increase your health and decrease harmful side effects. ○ Follow these 3 principles <ul style="list-style-type: none"> • Utilize methods and medicinal substances which minimize the risk of harmful side effects • Avoid, when possible, the harmful suppression of symptoms • Acknowledge and respect the individual's healing process, using the least force necessary to diagnose and treat illness
2. The Healing Power of Nature <i>Vis medicatrix naturae</i>	<ul style="list-style-type: none"> ○ Naturopathic doctors work to restore and support the powerful and inherent healing ability of the body, mind and spirit and to prevent further disease from occurring. ○ Naturopathic doctors identify and remove obstacles to recovery, facilitating and augmenting this ordered and intelligent healing ability.
3. Identify and Treat the Cause <i>Tolle causum</i>	<ul style="list-style-type: none"> ○ The primary goal of a naturopathic doctor is to determine and treat the underlying cause rather than simply managing or suppressing their symptoms. ○ The underlying cause may be due to diet, lifestyle habits, life events, posture or environment. Symptoms are viewed as expressions of the body's natural attempt to heal.

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4. Treat the Whole Person <i>Docere</i>	<ul style="list-style-type: none">○ Each person is unique and requires individualized care. In treating the cause of any condition a naturopathic doctor takes into account not only your physical symptoms, but also mental, emotional, genetic, environmental, social, spiritual and other factors. Disease affects the entire person, not just a specific organ or system.○ Evaluate and address your:<ul style="list-style-type: none">● Nutritional status● Lifestyle● Family history● Feelings● Environmental stresses● Physical health
5. Doctor as Teacher <i>Tolle totum</i>	<ul style="list-style-type: none">○ Naturopathic doctors will assist you in understanding health and illness.○ He/she will provide with an understanding of the factors that affect your health and help you balance and become more capable of maintaining your own health.○ Naturopathic doctors also acknowledge the therapeutic value inherent in the doctor-patient relationship.
6. Prevention <i>Praevenire</i>	<ul style="list-style-type: none">○ Prevention is the best medicine. Looking at lifestyle risk factors and genetic vulnerabilities allows naturopathic doctors to guide patients in taking a proactive role in preventing disease.

1.4 REGULATION

<http://www.cand.ca/common-questions-education-and-regulation/>

- Like a conventional doctor, dentist, or chiropractor, the naturopathic doctor first completes an undergraduate degree at university.
- The naturopathic student then enters into a 4-year, full-time accredited naturopathic medical program. Following the completion of an accredited program, NDs must write and pass standardized North American board exams known as the Naturopathic Physicians Licensing Examinations (NPLEX) in order to qualify for regulation/licensing.
 - Graduates receive the title of N.D. (Doctor of Naturopathic Medicine.)
- Not all provinces recognize/regulate naturopaths. Many NDs in Canada who are practicing in an unregulated province choose to maintain an out-of-province registration in a regulated province.
 - In unregulated provinces, there are still associations of naturopathic doctors. These associations often campaigning to get official government regulation.

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- Provinces where naturopathy is recognized and regulated:
 - British Columbia (can prescribe)
 - Alberta
 - Saskatchewan
 - Manitoba
 - Ontario (can prescribe)
 - Nova Scotia (Naturopathic Doctors Act was passed in 2008 granting title protection and the ability for patients to claim ND services as an income tax deduction. The NSAND is now engaged with government on amendments to the Act and the development of regulations.)

1.5 HISTORY

- Naturopaths claim the ancient Greek "Father of Medicine", Hippocrates, as the first advocate of naturopathic medicine, before the term existed.
- Origins in Europe's 19th-century Nature Cure moment – therapies based on exposure to natural elements such as sunshine, fresh air, or heat or cold, as well as nutrition advice such as following a vegetarian and whole food diet, fasting, or abstention from alcohol and sugar.
- The term naturopathy was coined in 1895 by John Scheel, and purchased by Benedict Lust, the "father of U.S. naturopathy."
 - This term was a synthesis of non-intrusive healing methods.

2. TREATMENT

2.1 CLINICAL NUTRITION (DIET)

<http://www.vidamassana.com/en/slide-view/naturopathic-diet-and-healthy-lifestyle/>

<http://acornhealth.ca/oakville-naturopath/>

<http://naturalterrain.com/clinical-nutrition/>

General Information:

- Naturopaths offer medical nutrition therapy, which is not to be confused with the other type of "clinical nutrition" (the nutrition of patients in medical facilities).
- Several advanced dietary research studies have shown that different types of probiotic elements, vitamins, minerals, enzymes and micronutrients help us ward off several health issues. Various types of fruits and vegetable juices have treatment capabilities. Especially, seasonal fruits and vegetables have great ability to increase our vital immunity.
- Many people suffer food allergies that can be tested easily, but food sensitivities are harder to detect. Some foods may have a negative impact on your body without being so violent that an obvious reaction is noted such as mild indigestion, headache, irritability, rash or sleeplessness.
- It isn't enough to simply take in the right nutrients. Our body must be able to first digest, absorb and then utilize them effectively within the body. Nutrition is the way to do this.

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- Many of the chronic health problems that plague people today are the result of poor dietary and lifestyle choices. Illnesses such as diabetes, depression, anxiety, cardiovascular disease, cancer and gastrointestinal problems develop as a consequence of the food we choose.

2.2 LIFESTYLE COUNSELLING

<http://www.naturalmedicine.mb.ca/lifestyle-education/>

<http://www.bcna.ca/questions-and-answers-naturopathic-medicine/>

Lifestyle:

- Lifestyle choices have a strong impact on the healing powers of the body. Naturopaths believe that unfavourable lifestyle habits can cause illness.
- NDs coach patients on healthy sleep habits, stress management, healthy exercise and preventing disease.
- Treatments are chosen based on patient's physiological, structural, psychological, social, spiritual and environmental factors.
- Preventative medicine
 - A comprehensive assessment of an individual's health risks including diet, exercise and stress, as well as the development of preventive health protocols based on this assessment.
- Also involved in traditional Chinese medicine (qi, feng shui)

2.3 BOTANICAL MEDICINE

[http://www.wavelengthwellness.com/services/botanical-](http://www.wavelengthwellness.com/services/botanical-medicine/?doing_wp_cron=1476910197.3616271018981933593750)

[medicine/?doing_wp_cron=1476910197.3616271018981933593750'](http://www.wavelengthwellness.com/services/botanical-medicine/?doing_wp_cron=1476910197.3616271018981933593750)

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/botanical-medicine>

<http://www.drweil.com/health-wellness/balanced-living/wellness-therapies/herbal-medicine/>

- Also known as herbalism, herbology or herbal medicine
- The use of plants and substances that come from plants for medicinal purposes. Used to prevent and/or treat disease.
- Herbs can be administered via tinctures, capsules, teas, and topical preparations. Medicinal plants are safe and effective when used correctly.
- Naturopaths are experienced in the use of recognizing which herbs are safe and effective for your condition, and anticipate possible drug-herb interactions that may affect your health.
 - Some herbs can have serious adverse effects if not used properly and can interact with prescription or over-the-counter medicines. Consult with a trained expert before taking any herbal medicines.

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Popular Examples of Botanical Medicine:

Herbal Remedy	What It's Used For
Aloe	<ul style="list-style-type: none">○ Minor burns, skin irritation and inflammation○ Topical
Chamomile Tea	<ul style="list-style-type: none">○ Upset stomach, heartburn, indigestion○ Ingested
Echinacea	<ul style="list-style-type: none">○ Colds, flu, sore throat○ Ingested
Garlic	<ul style="list-style-type: none">○ Cholesterol, blood pressure, fungal infections, colds○ Ingested
Ginger	<ul style="list-style-type: none">○ Nausea, motion sickness, inflammation○ Ingested
Ginseng	<ul style="list-style-type: none">○ General health and stamina
Milk Thistle	<ul style="list-style-type: none">○ Liver damage
Peppermint oil/tea	<ul style="list-style-type: none">○ Digestive problems○ Ingested
St. John's Wort	<ul style="list-style-type: none">○ Depression
Tea Tree Oil	<ul style="list-style-type: none">○ Fungal infections○ Topical
Valerian	<ul style="list-style-type: none">○ Sleeping problems○ Ingested

2.4 HYDROTHERAPY

<https://en.wikipedia.org/wiki/Hydrotherapy>

<http://www.alive.com/health/naturopathic-hydrotherapy/>

- The use of water for pain relief and treatment (includes hot water, cold water, steam and ice).
- The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases.
- Hydrotherapy has ancient origins. Was practiced in ancient Egyptian, Persian, Greek and Roman civilizations. Has been revived in modern times.
- Consult a naturopathic doctor before using hydrotherapy

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- Important to see naturopath if you are pregnant, have diabetes, Raynaud’s disease or multiple sclerosis
- The elderly, young, and those with high or low blood pressure need careful monitoring
- Those with impaired temperature sensation run the risk of scalding or frostbite
- Naturopath can advise about factors that affect the results of hydrotherapeutic treatment
 - Temperature variation
 - Duration and frequency of application,
 - Site of treatment
 - Pressure or friction application
 - Degree of wetness
 - Material used in compresses

Methods	Process and/or Benefits
Hot and Cold Packs	<ul style="list-style-type: none"> ○ Arthritis, physical trauma
Saunas and steam baths	<ul style="list-style-type: none"> ○ Relaxation ○ Eliminate toxins through the skin ○ Stimulate blood flow ○ Increase heart rate ○ Immune modulation
Echinacea	<ul style="list-style-type: none"> ○ Colds, flu, sore throat ○ Ingested
Immersion baths (full or partial)	<ul style="list-style-type: none"> ○ Can use herbs, flowers, essential oils and salts for added therapeutic benefits ○ Stimulate overall blood flow to: <ul style="list-style-type: none"> ● Reduce infection ● Relieve pain ● Relieve insomnia
Douches	<ul style="list-style-type: none"> ○ A stream of water is directed toward the heart from lower extremities ○ Can reduce the swelling causes varicose veins and edema
Steam Inhalations	<ul style="list-style-type: none"> ○ Relieves nasal and lung congestions ○ Essential oils can be added on the advice on a naturopath

2.5 NATUROPATHIC MANIPULATION

<http://www.aurumhealthnd.com/nmt/>

<http://www.kuranaturopathic.ca/nat-med/bowen-therapy/>

<http://www.dramaurinaturopath.com/naturopathic-manipulation>

https://en.wikipedia.org/wiki/Strain_and_counterstrain

- Naturopathic manipulation is a form of physical medicine. Using gentle maneuvers, the naturopath will manipulate spinal segments and joints to re-establish normal movement and function. Naturopathic Manipulation is often used with chronic or acute pain management.

Forms of Manipulation	Description
Gentle Spinal Manipulation	<ul style="list-style-type: none">○ Spinal and bone manipulation is a movement of any number of joints in the body that returns a complete range of motion to the joint or joints.○ Techniques<ul style="list-style-type: none">• Using the naturopath's body/hands• A special table• An activator (a small instrument that delivers a low velocity force that encourages full range of motion).○ Sometimes there is a popping sound heard and sometimes there is no sound at all, however, once the range of motion is restored increased blood flow and nervous system integrity are restored to the joint.○ Not entirely clear how these techniques are different from those of a chiropractor, but unless the naturopath is qualified as a chiropractor, they don't advertise themselves as such.
Soft Tissue Manipulation	<ul style="list-style-type: none">○ Most often, a technique is utilized to encourage relaxation of muscles and increase blood flow to the surrounding soft tissues in order to provide relief to areas of pain or tension. This can be achieved by a gentle stretching of muscles or by performing exercises that improve muscle flexibility.○ Soft tissue includes:<ul style="list-style-type: none">• Muscles• Ligaments• Fascia• Tendons○ Techniques include (see more below):<ul style="list-style-type: none">• Massage therapy• Post-isometric relaxation (PIR)• Strain/counterstrain

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	<ul style="list-style-type: none">• Bowen therapy
Strain-Counterstrain	<ul style="list-style-type: none">○ A hands-on treatment that attempts to alleviate muscle and connective tissue tightness by the use of very specific treatment positions held for 90 seconds.○ Created by Lawrence Jones in the early '60s○ The involved tissue is "slackened" causing a relaxation of the "spasm" which, in turn, allows local areas of inflammation, trapped within the painful tissue to dissipate
Massage Therapy	<ul style="list-style-type: none">○ Some naturopathic clinics have registered massage therapists (RMTs)○ See massage therapist guide for more detail
Bowen Therapy	<ul style="list-style-type: none">○ Patient lies on treatment table wearing loose clothing○ The therapist applies a series of gentle movements across the body. These movements focus on a body of muscle, tendon or nerve and release tension through the nerve within the area.○ This results not only on the structural level and functional systems, but also at the level of the individual's overall well-being.○ Treats beyond the presented symptoms and addressed overall wellbeing. Positively affects:<ul style="list-style-type: none">• Physical• Chemical• Emotional• Mental
Post-Isometric Relaxation	<ul style="list-style-type: none">○ Therapist passively moves the involved muscle to the end of its length or resistance barrier. At this point, the patient should feel no pain and only a mild stretch, as if the slack has been taken out of their muscle.○ The patient then resists the stretch, pushing against the therapist's hand in order to contract the involved muscle.○ This resistance should be at about 20% of the patient's maximum strength and should last for only seven to 10 seconds. The patient then relaxes.○ Once the therapist feels the muscle release, she continues the stretch to its next barrier.○ Process repeated 3-5 times, depending on severity.

2.6 CRANIOSACRAL THERAPY

https://en.wikipedia.org/wiki/Craniosacral_therapy

<http://www.daniellopezdo.com/the-five-components-of-the-cranial-concept/>

- The cranium contains 8 bones, joined by complex joints that interdigitate or provides sliding between the bones.
 - Within the cranium there are tension membranes filled with cerebrospinal fluid and anchored to the cranial bones.
 - The rhythmic movement of the bones and membranes is involuntary and present throughout life.
 - Failure of proper cranial motion is found by examination. When present it is known as a cranial fault. When cranial motion is not proper there are usually several cranial faults that need correction.
 - Movement of bones can be measured but not seen. The motion can be felt by trained individuals.
- Craniosacral therapy (CST) is bodywork or alternative therapy using gentle touch to manipulate the synarthrodial joints of the cranium. May also involve lightly touching patient's spine and pelvis.
 - Practitioners believe that this manipulation regulates the flow of cerebrospinal fluid and aids in "primary respiration."
- 5 components of the primary respiration mechanism:
 - Inherent motility of the central nervous system
 - Fluctuation of the cerebrospinal fluid
 - Mobility of the intracranial and intraspinal dural membranes
 - Mobility of the cranial bones
 - Involuntary motion of the sacrum between the ilia

2.7 TRADITIONAL CHINESE MEDICINE

https://en.wikipedia.org/wiki/TDP_lamp

<http://www.crossroadsnaturopathic.com/acupuncture-tcm/how-traditional-chinese-medicine-work.php>

<https://en.wikipedia.org/wiki/Mugwort>

<http://www.easternspiritacu.com/diet-and-lifestyle-counselling.html>

- At the core of traditional Chinese medicine (TCM) is the philosophy that **qi** or vital energy flows throughout the body.
 - Qi enlivens the body and protects it from illness, pain and disease.
 - Your health is a reflection of the quantity, quality and balance of your qi.
 - Qi circulates through specific pathways called meridians. Meridians are like rivers and are connected to specific organs and glands in the body.
 - Just as a river transports water to hydrate plants, meridians transport life-giving qi to nourish and energize all your cells, organs, glands, tissues and muscles.

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- Just as a dam blocks a river from flowing, when the qi is blocked, flow is restricted and nourishment cannot reach the intended place and symptoms arise.
- Disease is perceived as a disharmony of qi and related concepts, and of the interaction between the body and the environment.
- Traditional Chinese Medicine uses several forms of treatment to normalize and optimize the flow of qi in your body.

Forms of TCM	Description
Acupuncture	<ul style="list-style-type: none"> ○ More information on acupuncture is available in chiropractor service guide ○ An acupuncture service guide will be created, but has not been created as of 10/20/2016.
Electro-Acupuncture	<ul style="list-style-type: none"> ○ Electro-acupuncture is a form of acupuncture where a small electric current is passed between pairs of acupuncture needles. ○ According to some acupuncturists, this practice augments the use of regular acupuncture, can restore health and well-being, and is particularly good for treating pain.
Counselling	<ul style="list-style-type: none"> ○ Lifestyle factors can influence qi – exercise, stress, etc. ○ Feng shui – a philosophical system of harmonizing everyone with the surrounding environment, used to orient buildings, houses, tombs, etc.
Cupping	<ul style="list-style-type: none"> ○ Heated cups are applied to the skin along the meridians of the body, creating vacuum suction as a way of stimulating the flow of energy. Cup left on skin for 5-15 minutes. ○ Used to treat pain, deep scar tissue in muscles and connective tissue, muscle knots, swelling
Diet Therapy and Nutrition	<ul style="list-style-type: none"> ○ All foods assigned properties according to 5 flavours and 4 natures ○ The 5 flavours <ul style="list-style-type: none"> ● Sour ● Bitter ● Sweet ● Pungent ● Salty ○ The 4 natures <ul style="list-style-type: none"> ● Cold ● Cool ● Warm ● Hot ○ The food's nature and flavor can be used to predict its effects on the body. The way it is prepared also influences the body.

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Gua Sha	<ul style="list-style-type: none">○ Scraping massage○ The skin is scraped to produce light bruising. Practitioners believe gua sha releases unhealthy elements from injured areas and stimulates blood flow and healing.
Herbal Medicine	<ul style="list-style-type: none">○ See botanical medicine (2.3)
Moxibustion	<ul style="list-style-type: none">○ Burning dried mugwort on particular points on the body○ Mugwort is the name for several species of aromatic plants○ Suppliers usually age the mugwort and grind it up to a fluff; practitioners burn the fluff or process it further into a cigar-shaped stick. Can be used:<ul style="list-style-type: none">● Indirectly● With acupuncture needles○ Burned directly on skin
TDP Lamp	<ul style="list-style-type: none">○ Used as a substitute for moxibustion○ The premise of the lamp is that the far infrared (below visible light) emissions increases microcirculation and loosens fascia to accelerate the natural healing processes of the body

2.8 IV THERAPY

<http://www.thesageclinic.com/services/ivtherapy/>
<http://www.altmedrev.com/publications/7/5/389.pdf>

- When you are suffering from chronic illness, digestive concerns or stress, the body is not always able to produce the energy required to heal itself.
- Taking oral supplements are not enough at this point since your stomach and intestines can't absorb nutrients at a high enough concentration to allow your body to absorb them without significant effort.
- With IV treatments, nutrients are delivered directly into the bloodstream. Nutrients are delivered to the cells passively, with little or no effort from the body.
- Eventually, as your body heals and gains back its strength, your cells regain their ability to actively absorb vitamins and minerals and IV treatments are no longer necessary.
- Can be used for many conditions
 - Headaches/migraines
 - Chronic fatigue/fibromyalgia
 - Chronic stress/burnout/low energy
 - Decreased immune function
 - Crohn's/colitis/digestion
 - Sleep disorders
 - Anti-aging
 - Injury management and recovery
 - Depression
 - Heart/vascular

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- Myers' Cocktail
 - A popular IV therapy that is named for the late John Myers, M.D., a Maryland physician who used intravenous injections of nutrients to treat many chronic conditions.
 - Contains magnesium, calcium, B vitamins, and vitamin C
 - Used to treat acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasm, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease

2.9 PROLOThERAPY

<http://www.naturomedic.com/prolotherapy>

<http://naturemedicine.ca/prolotherapy/>

<https://en.wikipedia.org/wiki/Prolotherapy>

- Also called proliferation therapy or regenerative injection therapy
- An alternative medicine treatment that uses injection of an irritant solution into ligaments or tendon insertion in an effort to relieve pain.
- Used for:
 - back pain
 - arthritis
 - fibromyalgia
 - unresolved whiplash injuries
 - sports injuries
 - carpal tunnel syndrome
 - partially torn tendons
 - ligaments and cartilage
 - chronic tendonitis
 - degenerated or herniated discs
 - TMJ
 - sciatica
- The basic premise of prolotherapy is that a substance (called a proliferant) is injected into the affected or weakened ligaments or tendons. The solution is usually made up of dextrose and normal saline. This leads to local inflammation which turns on the healing process. The growth of new ligament and tendon tissue is then stimulated.
 - Healing response occurs over 2-6 weeks
 - Exercise not advised in the first week
 - Typically, 4-6 treatments are used in a treated area

2.10 OZONE THERAPY

<http://www.drceaser.com/therapies/oxygenozone-therapy>

https://en.wikipedia.org/wiki/Ozone_therapy

- The use of ozone to increase the amount of oxygen in the body
- A.K.A. bio-oxidative medicine
- Has been used to treat many conditions, including cancer, AIDS, hepatitis, herniated discs, arthritis, heart disease, Alzheimer's dementia, Lyme disease
- Methods of administration:
 - IV – ozone is infused into the blood intravenously
 - Injections – the area needing treatment is anesthetized and ozone is injected into the affected area (or close to the affected area)
 - Insufflation – ozone is blown into a body cavity (vagina for vaginal infections, ear for brain or ear conditions, etc.)
 - Bagged ozone – patient's legs are hydrated and bagged and ozone is pumped into the bags
 - Intramuscular – injection directly into the muscle

2.11 OSTEOPATHY

<http://www.osteopathy-canada.com/manual-osteopathy-philosophy/>

- A natural medicine which aims to restore function in the body by treating the causes of pain and imbalance. To achieve this goal the osteopathic manual practitioner relies on the quality and finesse of his/her **palpation** and works with the position, mobility and quality of the tissues.
 - **Palpation** is a diagnostic skill that the osteopathic manual practitioner uses to feel or sense the state of the tissues or systems being examined.
 - This includes the many aspects of touch – detection of moisture, texture, temperature differential, and subtle motion.
 - Osteopath is trained to detect almost imperceptible motion – osteopath can perceive the inherent motion present in all living things
- Osteopathy embraces the philosophy that the body has an innate, natural ability to self-regulate and to heal itself.
 - The key factor that permits this regulation and healing to proceed unimpeded is the ability of the body to freely circulate all of its fluids and liquids. These fluids include the blood, lymph, synovial fluid, digestive juices, cerebrospinal fluid, axoplasm and more.
 - Any obstruction that impedes the circulation of fluids within the body is the focus of osteopathic assessment and treatment.

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- History
 - Osteopathy founded in 1874 by American physician Andrew Taylor Still. He believed that everything necessary to sustain human life was already present within the human body.
 - Still sought to find non-medicinal and non-surgical avenues to enhance the body's innate ability to heal itself.
 - Still focused on mechanical removal of the impediments to the free circulation of fluids and the elements carried within those fluids. He believed that once these “mechanical blockages” to the free flow of fluids were removed, the free circulation of all the fluids of the body would naturally return. The free flow of fluids was Still's key to the self-regulation and self-healing processes of the body.
 - He treated musculoskeletal problems and diseases like tuberculosis, pneumonia, dysentery, and typhoid fever.

Steps	Description
1. Palpation	<ul style="list-style-type: none">○ Osteopathic manual practitioners palpate by gently yet intentionally touching the tissues or systems under examination.○ With experience, osteopaths learn to palpate not just superficially, but also deeply within the body.
2. Course of Treatment	<ul style="list-style-type: none">○ The ability to detect minute modifications in the quality of the tissues is the assessment skill that allows the osteopathic manual practitioner to prioritize a patient's course of treatment. These tissue qualities include:<ul style="list-style-type: none">• Congestion• Dehydration• Scarring• Stiffness• Density• Loss of resilience• Motility (movement of muscles)

2.12 HOMEOPATHY

<https://www.homeopathycanada.com/faq>

http://www.hc-sc.gc.ca/dhp-mps/prodnatur/about-apropos/info_homeo-eng.php

- Homeopathy is based on the belief that a substance that causes the symptoms of a disease in healthy people cures similar symptoms in sick people. “Like cures like.”
- The homeopath seeks to remove the ailment by using remedies that stimulate the individual's own inherent ability to heal and thus encourage the body to cure, instead of simply suppressing symptoms.

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- Based on the idea that there are 2 ways to treat illness. Using insomnia as the example.
 - The way of opposites – to suppress symptoms with drugs that can cause side effects or addiction. For example, to treat insomnia with drugs to bring on an artificial sleep.
 - The way of similars – the homeopathic way is to give the insomniac patient a minute dose of a substance which, in large doses, causes sleeplessness in a healthy person. Surprisingly this can enable the patient to sleep naturally. Because of the minute dosage no side-effects or addiction will result.

History

- Discovered by German doctor Samuel Hahnemann in 1774
- Name directed from the Greek words homoios + pathos meaning “similar suffering” or “the cure is like the disease”
- Homeopathy is regulated in Ontario
 - Homeopathic products are regulated by Health Canada to make sure that they are safe and supported by homeopathic textbooks and reference materials.
 - Note: this does not mean that they are supported by scientific evidence.
 - Homeopathic products are labeled in stores with an authorization number including “DIN-HM”

Process of Homeopathy:

Steps	Description
1. Case-Taking	<ul style="list-style-type: none">○ The homeopath selects the single most appropriate remedy in a potency that most closely matches the energy of the illness by investigating the individual’s state of health.○ They analyze the case by using the symptoms and characteristics that show the uniqueness of the individual with special emphasis placed on a known cause of the sickness or any striking symptoms or themes.
2. Medicine	<ul style="list-style-type: none">○ After taking the case, a selection of the most similar remedy is determined through differentiation. The medicine that most closely matches the symptoms and the individual is prescribed in a single and minute dose.○ Only one remedy is ever prescribed at one time
3. Monitoring	<ul style="list-style-type: none">○ The patient’s case is followed carefully and any changes that have occurred since taking the prescribed remedy are analyzed.○ The remedy and its action will be evaluated so that the course of healing can continue until complete healing is achieved.

2.13 COLON CLEANSING

<https://www.homeopathycanada.com/faq>

- This refers to various methods of cleaning the colon and intestinal tract, with the aim of removing toxins and improving overall health.
 - Clearing out accumulated waste that builds up in the body, bowels and colon walls.
 - Some believe that this waste can contribute to general ill health as well as specific diseases and symptoms.

Methods of Colon Cleansing:

Methods	Description
Oral Cleanings	<ul style="list-style-type: none">○ Using oral supplements and diets to detoxify and remove waste<ul style="list-style-type: none">• Laxatives• Powders• Supplements• Herbal teas
Colon Hydrotherapy	<ul style="list-style-type: none">○ A.K.A. colonic irrigation or enemas○ A practitioner flushes out the colon by sending many litres of filtered water into the body through a tube inserted into the patient's rectum.<ul style="list-style-type: none">• Only a small amount of water is allowed to enter the bowel at any one time. This acts to stimulate peristalsis to evacuate the large intestine.○ After treatment:<ul style="list-style-type: none">• For patients with parasites and bacteria, ozonated water or gas will be introduced into the rectum following the colonic treatment.• Some patients may also receive minerals, vitamins and supplements rectally

2.14 CHELATION THERAPY

http://www.drhalbrown.com/chelation_therapy.php

<http://www.electrahealthfloor.com/naturopath-vancouver/chelation-therapy>

<http://stonetreeclinic.com/our-services/chelation-therapy/>

- Chelation therapy is the removal of toxic metals and minerals from a patient's body.
- Medically, it's approved to treat metal poisoning including lead, iron, arsenic, uranium, plutonium and more.
 - Naturopaths believe that it can be used for atherosclerosis, cardiovascular function, blood flow, Alzheimer's, arthritis and more. To improve the immune system
- EDTA (Ethylene diamine tetraacetic acid) is injected intravenously to act as the proverbial "claw" that binds, or chelates, the heavy metals and toxins and then purges them from the body via urinary excretion. The EDTA infusion acts as a magnet to draw out metals.
 - IV is dispensed over several hours under the supervision of a naturopath. The EDTA infusion bonds with the unstable metals and carries them out of the body.
 - There are also oral methods of chelation.
- Selling point: In today's modern world we are suffused with an assortment of harmful toxins through the air we breathe and the foods we eat. Chemicals are steadily entering our environment, and could eventually affect our overall health. Chelation therapy removes these toxins from our body.
 - Years of low-grade environmental exposure to lead, mercury, cadmium and other toxic metals, can result in a build-up of these metals in our bodies.