

Can Naturopathic Medicine Help You?

by Dr. Michael Nowazek

Illness, exhaustion, pain, stress, depression – these things do not “just happen”. There is always a reason for them. They are caused, and the causes of these conditions will differ from patient to patient.

The naturopathic doctors at Green Apple Health Care locate and treat the core cause of the health problems with a program that is customized to each individual patient. We use naturopathic medicine to implement a simple, natural and preventative approach to help patients achieve life-long wellbeing.

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is a primary healthcare system that combines scientific knowledge with traditional natural forms of healing.

Naturopathic doctors address the root causes of health problems, rather than the symptoms, using natural therapies rather than drugs. By emphasizing the body's natural self-healing process, a naturopathic doctor works with the patient to find the most appropriate treatment to restore and maintain optimum health.

WHAT TRAINING DO NATUROPATHIC DOCTORS RECEIVE?

Naturopathic doctors are highly trained. They have a minimum of seven years post-secondary education, including a Bachelor of Science and a four-year Naturopathic medical degree.

Some naturopathic doctors receive additional training that allows them to provide advanced naturopathic treatment options to patients.

Naturopathic doctors are licensed and regulated in Alberta by the College of Naturopathic Doctors of Alberta.

CONDITIONS ADDRESSED USING NATUROPATHIC MEDICINE

At Green Apple Health Care, we offer a full and complete range of natural therapies and programs for all your health needs.

Some of the many conditions and concerns we address are:

- *Hormonal function and balance*
- *Immune system*
- *Weight loss*
- *Low energy, exhaustion and fatigue*
- *Gastrointestinal disorders*
- *Diet and nutritional counselling*
- *Back and joint pain*
- *Stress*
- *Allergies and food sensitivities*
- *Skin conditions*
- *Cancer*
- *Anxiety*
- *Depression*
- *Lifestyle improvement*

NATUROPATHIC THERAPIES

The naturopathic doctors at Green Apple Health Care use both basic and advanced naturopathic therapies to treat a wide variety of health conditions from colds and flus to the most advanced chronic conditions.

Basic therapies include:

- *Clinical nutrition therapy*
- *Vitamins and supplement therapy*
- *Botanical and herbal medicine*
- *Homeopathy*
- *Exercise therapy*

Among the advanced naturopathic therapies are:

- *High dose vitamin C injections*
- *Ozone therapy*
- *Chelation therapy*
- *Advanced natural pain relief injection therapy*
- *Advanced natural joint regeneration injection therapies*
- *Natural hormone therapy*

We also offer a complete range of testing and diagnostics.

WORKING WITH A NATUROPATHIC DOCTOR

A naturopathic doctor is a patient's partner in healthcare.

When people have health challenges, we clearly understand they are looking for solutions. The team at Green Apple Health Care focuses its treatment plans with outcome-based programs; we target outcomes instead of conditions. We practice results-focused medicine, complemented with an overall positive patient experience.

We work with our patients to create treatment programs that not only work but that work for them. A patient's work and family demands and other life circumstances are taken fully into consideration when developing the treatment plan. We know that a treatment plan not only has to work, but has to work for the patient. Our doctors focus on you and will work with you to carefully construct a personal

program that will address your needs, your health goals, and your lifestyle.

Our outcomes include reduced stress, increased energy, better focus, weight loss, fewer colds and flus, increased productivity at work, less downtime and more time doing the things you love, and a higher overall quality of life through better health.

The doctors at Green Apple Health Care do not work in isolation from the rest of the healthcare community. We are happy to work with other health care providers to create a fully integrated, patient-centered model of health for maximum treatment effectiveness for the patient.

WHO CAN BENEFIT FROM NATUROPATHIC MEDICINE?

Many people have enjoyed the benefits of naturopathic medicine including those who:

- *want to combine naturopathic medicine with conventional medicine to minimize the effects of surgical, oncological, or other conventional medical treatments*
- *have symptoms or health conditions that do not resolve on their own or with other forms of treatment*
- *want to take effective steps to prevent health conditions from developing*
- *have been diagnosed with a serious or chronic illness who want to resolve the condition and improve their quality of life*
- *want to improve their health and physical fitness*

We have helped many people to better health, and we want to help you too.

Let's get you on the road to better health!

Call us now at (780) 485-9468 to book a consultation, or [book online](#).