



Arizona Natural Medicine ®, L.L.C.

2480 W. Ray Road, Suite 1, Chandler, AZ 85224

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www.aznaturalmedicine.com

NATUROPATHIC MEDICINE: HOW IT CAN HELP YOU

by

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WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is a true integration of conventional and natural therapies, providing all of the best possible options for treating your health concerns. So, what is it that makes it unique and different from “main-stream” medicine? Essentially, Naturopathic medicine is the only profession where true integrative medicine is practiced. Your Naturopathic doctor is someone who will take the time to listen to your health concerns and work with you to find safe and effective solutions for your health problems. **Naturopathic physicians are not only "experts" in natural medicine, they are also trained in pharmacology and can write a prescription for antibiotics, insulin, birth control pills or any other medication that might be needed.** No other doctor combines these two important elements the way Naturopathic Physicians do. So, you get the benefits of both natural and conventional medicine, all in one doctor.

WHAT IS A NATUROPATHIC PHYSICIAN AND HOW ARE THEY DIFFERENT FROM MY REGULAR MEDICAL DOCTOR?

Naturopathic physicians are the experts in natural medicine, and they are trained in conventional, pharmaceutical medicine as well. So they are educated about potential interactions between medications and natural remedies. Your Naturopathic doctor is your health advocate, working in tandem with your other health care providers as needed and/or serving as your primary care physician. We order labs and imaging (CT scans, MRI's, Mammograms etc.) to assist in our diagnosis as well as holistic methods of evaluating dysfunction and imbalances in the body. We are like “human-body investigators”, always looking for the root cause of your illness as opposed to just treating the superficial symptoms that are often the “alarm” of deeper health issues. We focus on restoring the body to optimum health so that you are not only free of disease but feel energetic and balanced in all aspects of your life.



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WHAT MAKES THE CARE AT ARIZONA NATURAL MEDICINE UNIQUE?

At Arizona Natural medicine, L.L.C. we provide caring, patient-centered, true integrative health care, focused on addressing your health concerns with the most cutting-edge, safe and effective treatments available to support you in your health care goals.

We take the time to listen to your health concerns and gather the information needed to address the root source of your problems, as opposed to just treating the superficial symptoms. Our approach to patient care is health centered rather than just treating the disease. We take a thorough medical history, including details about your chief complaint(s), past medical history, family history, social history, including stress level, mental and emotional concerns and lifestyle habits, all of which impact your health and quality of life. Our doctors are thorough, comprehensive and compassionate. We provide individualized care and give you effective tools to realize your most optimal level of health and well-being.

We offer a wide variety of specialty tests that you won't find at your regular MD's office. These include but are not limited to: Adrenal function test (for fatigue and insomnia), Neurotransmitter test (for anxiety, depression, OCD, ADHD), Food Sensitivities test, Heavy metal test, Comprehensive digestive stool analysis with Parasitology, Candida test, Salivary hormone test and Micronutrient test. These tests provide a greater depth of understanding of how your body is working and what deficiencies, toxins, allergies, sensitivities and possible infections are affecting your health. They provide clear information about the cause of your illness and the best place to start to restore your health.

NATUROPATHIC TREATMENT MODALITIES

At Arizona Natural Medicine, your doctor is like your personal health detective. We strive to uncover the underlying cause of disease and determine what treatment would be the best fit for you. If you require pharmaceutical medications and/or natural treatments, naturopaths have the expertise and scope of practice to prescribe both. However, the emphasis of naturopathic treatment is the use of natural healing agents. One of the things that makes us unique is that we have so many "tools in our tool belt" to choose from. Naturopaths are the only primary care physicians clinically trained in a wide variety of natural medicines and therapies. After evaluating each patient, our doctors at Arizona Natural Medicine may use any of the following tools to create your individualized treatment plan:



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- **Clinical Nutrition & Dietary Supplementation:** Diet and nutrition are the foundation of health. We evaluate your current diet and give helpful recommendations on how it can be improved for optimal nutrition. We also use nutrient supplementation on an individual basis depending on the illnesses being treated and the needs of the patient.
 - **Botanical Medicine:** Herbs are plants used as medicine. They have a rich history of use in China (Chinese herbs), India (Aryurvedic herbs), America (Western herbs) and many other countries. They come in various forms including capsules, powders, liquid extracts or tablets. Herbs can be used to treat many health conditions and the herbs chosen are individual to your specific health concerns.
 - **Homeopathy:** Homeopathy uses minute doses of a natural substance that induces healing in the body. Homeopathic medicines have an effect not only on the body but also the mind. It is a very unique form of medicine because a single, well-prescribed remedy can treat your anxiety, your migraine headaches and your knee pain all at the same time. They are FDA regulated and safe for everyone, including infants, children, pregnant and nursing women, patients taking multiple pharmaceutical drugs and the elderly. Homeopathic treatments are not “cookie cutter” medicine where one remedy is meant to treat one condition in all people. For example, five people suffering with depression may each be prescribed a different remedy, based on their individual symptoms. That is why a very detailed health history is vitally important in choosing the best remedy for the patient.
 - **Acupuncture & Traditional Chinese Medicine (TCM):** Chinese Medicine has been in existence for over 5,000 years. This ancient System of medicine uses sterilized fine needles, which are inserted through the skin to stimulate the body's healing process. There are over 2,000 acupuncture points each with different indications. The art & skill of acupuncture lies in identifying an accurate diagnosis and determining the corresponding points that are specific for your health condition. Chinese medicine is a complete system that works to correct imbalances in the body and mind to restore health and well-being.

EDUCATION REQUIREMENTS OF LICENSED NATUROPATHIC MEDICAL DOCTOR (NMD)

Licensed Naturopathic medical doctors (N.M.D.) complete undergraduate pre-medical training and then four years of graduate-level Naturopathic medical school



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at one of the four U.S. Department of Education accredited schools. In addition to a standard medical curriculum learning pharmacology, physical exams, and laboratory assessment, NMDs are required to complete four years of training in clinical nutrition, acupuncture, homeopathic medicine, botanical medicine, physical manipulation and counseling. A licensed NMD takes rigorous professional medical board exams and must fulfill state-mandated continuing education requirements annually so that he or she may serve as a primary care physician and an expert in natural medicine.

WHAT SHOULD I EXPECT FROM A VISIT WITH A PHYSICIAN AT ARIZONA NATURAL MEDICINE?

Do you often go to a doctor's appointment feeling rushed and desiring more time with the actual doctor? At Arizona Natural Medicine, we dedicate your appointment time to YOU. **We take the time to listen to you, share with you our treatment rationale, and answer any questions you may have. Your first visit with your naturopathic doctor will last approximately 90 minutes.** Follow-up visits are generally 30 to 60 minutes. This time allows for your doctor to listen to your case and learn about your concerns, health history, family history, and discuss any health obstacles you may need to overcome. Your doctor will then perform a physical exam and order diagnostic tests that are indicated. After an assessment of your case, your doctor will work with you to create a treatment plan that is customized specifically for YOU.

HOW DO I MAKE AN APPOINTMENT?

To schedule your appointment, please call our office at **(480) 722-2811**. Our administrative assistant can help you find an available day and time that works best with your schedule. Prior to your first appointment, please download and print our new patient forms. Please fill out the forms completely and answer all the questions to the best of your ability. If you have any lab results within the past year, please bring these and your new patient forms with you to your first appointment. If you have any questions, please don't hesitate to call our office. We look forward to meeting you!