

# CORE HEALTH

## NATUROPATHIC WELLNESS CENTER

*Brandy Strelec, B.Sc.(Hons),N.D.*  
*Board Certified Naturopathic Doctor | Bowen Practitioner*

### **Introduction To Naturopathic Medicine**

Naturopathic Medicine is the art and science of diagnosis, treatment, and prevention of disease using natural therapies with a focus on optimizing health and well-being through individualized patient care and public education.



#### PRINCIPLES OF NATUROPATHIC MEDICINE

1. *Primum non nocere* - do no harm, effective health care with the least risk for all patients;
2. *Vis medicatrix naturae* - healing power of nature, respect and promote self-healing;
3. *Tolle causam* - treat the cause, identify and remove causes, avoid suppression of symptoms;
4. *Docere* - doctor as teacher, educate patients, inspire rational hope, encourage self-responsibility;
5. Treat the whole person - each person is unique with their own factors effecting their health; and
6. Health promotion is the best prevention - well-being includes health individually, in the community and globally.



#### NATUROPATHIC MEDICAL THERAPIES

*Acupuncture and Oriental Medicine* - combinations of acupuncture, diet and traditional botanical formula for diverse conditions

*Botanical Medicine* - use of whole plants individually and in combinations

*Clinical Nutrition* - diet and supplementation for health promotion and disease treatment

*Homeopathic Medicine* - minute doses of plant, animal and mineral substances for treatment and prevention

*Hydrotherapy* - healing power of hot and cold water

*Naturopath/c Manipulation* - diverse techniques for correction of musculo-skeletal and neurological conditions

*Prevention and Life Style Modification* - assessment of risk factors and programs to modify behaviour emphasizing self-responsibility

