



# What is Naturopathy?

"Naturopathy. That sounds interesting... So exactly what IS Naturopathy?

You hear the word around a bit, but what is it?? You've always wanted to look after yourself using 'natural things' but you're not quite sure where to start. Maybe you only want to start small, with some simple things. You're not really unwell, but you'd like to lead a healthy life. You wonder if someone can help with that. What would happen if you went and saw a Naturopath? Come to think of it, you have had a bit of trouble sleeping lately and that bloating feeling is getting uncomfortable..."

## Naturopathy:

***"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease." Thomas Edison (1902)***

- Naturopaths see each person as unique, with their own health needs, and treat each person as an individual.
- Naturopaths work in tandem with each client, listening to their wellness goals, and treating the cause of any health imbalance (rather than just the symptoms), through a variety of methods including nutrition and lifestyle advice and sometimes supplement suggestions should they be of benefit to the individual.
- Naturopaths use a variety of assessment tools to get a full health picture. These can include the careful gathering of a full health history and recent symptoms through questionnaires and consultations, physical assessments suited to each individual case (blood pressure, tongue, nail, iris and facial signs, physical organ observation & palpation), diagnostic testing if suggested and suited to each individual case (blood tests, urine, allergies, organ function, other diagnostic testing).
- Naturopathic therapies make use of Nature, with healing supported by healthy foods, exercise, relaxation, sunshine, fresh air, water, and quality vitamin and mineral supplements where needed....
- A treatment plan is created to suit the needs of the individual - it can be as in-depth or simple as the client wants.
- Follow up consultations are of benefit to assess treatment plans and make changes based on changing health needs.
- Naturopaths may make referrals to other health practitioners if needed.
- Naturopaths can work in tandem with your current health practitioner (GP, medical specialist, chiropractor, homeopath...) providing a treatment plan to support health needs that are also being treated elsewhere. Naturopathy can fit in nicely around your other medical treatments.

***Naturopathy has benefits for everyone, any age, any health need.***

Contact me for more information about how Naturopathy might fit into your life and your health.

Kim x

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