

THE NATUROPATHIC PERSPECTIVE

BY SHELBY WORTS, BSc, ND

Naturopathic Medicine

What is the difference between a naturopathic (ND) and an allopathic (MD) doctor? Your medical doctor is a specialist in disease diagnosis and symptom management. Naturopathic doctors focus on the function of your body and emphasize the promotion of health.

Naturopathic medicine is ‘complementary’ rather than alternative; it is utilized in addition to allopathic medical care, not necessarily as a replacement for, because there is a place and need for both.

What conditions do NDs treat? Naturopathic doctors have a broad range of patients in their clinics. Ages range from newborn to the elderly. Conditions range from nagging symptoms such as fatigue, headaches, skin problems, joint pain, hot flashes, allergies, elevated blood pressure, etc. to diagnosed states including cancer, multiple sclerosis, rheumatoid arthritis, osteoporosis and cardiovascular disease.

What happens during my first visit to a ND? You will bring a completed multi-page intake form to your initial 1-hour consultation. During this time the doctor will go over your main health concerns, ask a variety of questions to assess your varied body systems, perform a pertinent physical exam and answer your questions. Basic recommendations will likely be given at this time, with more specific treatment plans presented at your second visit. Naturopathic doctors have many lab tests available to them; including hair mineral analysis, food allergies, hormone levels, as well as most blood tests.

What kind of treatments do NDs use? Naturopathic doctors are trained in a variety of modalities which they combine, as appropriate, for each individual patient. These include:

- botanical (herbal) medicine
- clinical nutrition
- homeopathy
- psychological and lifestyle counseling
- spinal manipulation
- acupuncture and Chinese medicine
- parenteral (intravenous) therapy; additional certification required

While all licensed NDs are trained in the first 6 modalities, each doctor has a unique practice which may include only a selection of them.

How are naturopathic doctors trained? To be called a naturopathic doctor in the province of Ontario (including the other 3 provinces and 15 states which are regulated) individuals must have accomplished 3 things: 1) obtained at least 3 years education at a university, including specific premedical sciences, 2) graduate from a 4-year full-time program at an accredited naturopathic medical college (over 4,500 hours classroom time, 1,500 hours supervised clinical experience) and 3) pass all 19 licensing exams (www.nabne.org). Collingwood has 4 licensed NDs in business at this time.

Shelby Worts graduated from Dalhousie University with a BSc in Biology, from the Boucher Institute of Naturopathic Medicine, and passed all licensing exams in 2004. Shelby is a licensed and registered Doctor of Naturopathic Medicine in the province of Ontario. In 2006 she also obtained her license to practice parenteral (intravenous) therapy.

Want to learn more? Join us for our annual **Celebration of Health in the Georgian Triangle:**

Gignac & Worts

186 Erie St., Suite 209

Collingwood

Tuesday, June 19th

4-7pm

Open House... all are welcome!

Those who do not find some time each day for health must one day sacrifice a lot of time for illness. -Father Sebastian Kneipp

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