



BEAUMONT HOSPITALS INTEGRATIVE MEDICINE

ROYAL OAK 248.551.9990 • TROY 248.964.9200

Interested in *Natural Ways* to **PREVENT** and **TREAT ILLNESS**?

YOU ARE NOT ALONE. SALES OF VITAMINS AND HERBAL SUPPLEMENTS HAVE SKYROCKETED OVER THE PAST FEW YEARS. But, “natural” doesn’t necessarily mean safe or appropriate for everyone. Body size, age, gender, general health, and potential herb/drug interactions should all be taken into consideration when using a natural approach to healing. As a resource to help you make decisions regarding the use of natural methods, Beaumont Hospital’s Integrative Medicine Department now has two Naturopaths on staff who offer a complementary approach to health care. The Naturopaths always work in cooperation with our physicians and will tailor their treatment plans to work with prescribed medications or surgical procedures.



WHAT IS A NATUROPATH?

A Naturopath is a health care practitioner trained to work with the body’s own natural tendency to heal itself. Nutrition plays a very important role in Naturopathic health care. Other treatment options may include supplements, herbal medicine, homeopathy, mind-body medicine, traditional Chinese medicine and lifestyle counseling. In order to become a licensed Naturopath, a person must complete a four-year undergraduate program in pre-med, four years of graduate school at an accredited Naturopathic medical college, and successfully pass North American-wide licensing exams.

WHAT SHOULD I EXPECT WHEN VISITING A NATUROPATH?

Because Naturopaths are trained to take into consideration the whole person and attempt to find the root cause of health problems, the first visit usually takes about two hours. The Naturopath takes a complete health history with special attention paid to medications and possible herb-drug interactions. The Naturopath will also ask questions about your sleep patterns, eating habits, exercise habits, stress, and other emotional issues. You may be asked to bring any herbal or vitamin supplements you are taking so that your dosage, or the quality of the product, can be evaluated. At the end of the first visit, the Naturopath makes individualized recommendations that might include diet changes, supplementation, herbal medicine, homeopathy, stress management, and exercise.

WHAT ROLE DOES FOOD PLAY?

Naturopaths view nutrition as a form of medicine. By taking a comprehensive look at your eating and exercise habits, your skin condition, your ability to digest food and eliminate wastes, a Naturopath will be able to make suggestions for dietary changes that have been shown to be effective in preventing disease, or may help you to cope better with drug or surgical side effects, and perhaps speed up the healing process.



WILL I HAVE TO EAT HORRIBLE FOOD?

No. Enjoyment of food is an important aspect of good health. The Naturopaths on staff will recommend wholesome, tasty foods tailored to your condition or health goals.

**To make an appointment with a
Beaumont Naturopath, please call
Beaumont Integrative Medicine at
Royal Oak 248.551.9990
or Troy 248.964.9200.**

Integrative Medicine Services: Clinical Massage Therapy
• Energy Balancing w/Reiki • Guided Imagery • Naturopathy
• Medical and TCM Acupuncture • Scar Therapy • Gentle Yoga
• Meditation