

What is Naturopathic Medicine?

Naturopathic medicine is a distinct primary health care system that integrates standard medical diagnostics with natural therapies to support the body's innate ability to heal.

Naturopathic medicine is based on five principles:

- 1– **First, to do no harm:** Use natural treatments that are safe & effective
- 2– **Identify & treat the cause:** Investigate and remove the underlying causes of a person's disease
- 3– **Support the healing power of nature** by recognizing and removing obstacles to the body's inherent self-healing process
- 4– **Teach the principles of healthy living and preventative medicine**
- 5– **Treat the whole person** by considering the physical, mental, emotional, social, spiritual and environmental factors that affect health

About Kristina Brooks



Born in Windsor, Ontario, Kristina later moved to Guelph to complete her Bachelor of Science in Biology at the University of Guelph. With a strong passion for health and wellness, and the desire to positively influence others, she completed her training at the Canadian College of Naturopathic Medicine in Toronto. Kristina enjoys maintaining an active lifestyle through hiking, horseback riding, and coaching children and adults in competitive and recreational riding.

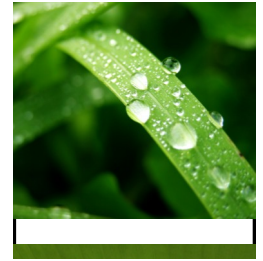


For More Information Visit:

<http://www.oand.org>

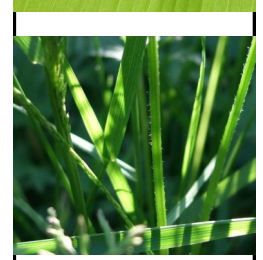
<http://www.cand.ca>

<http://www.boardofnaturopathicmedicine.on.ca/>



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NATUROPATHIC MEDICINE



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How does Naturopathic Medicine Work?

By using a range of therapies, NDs (naturopathic doctors) are able to develop individualized treatment plans that address not only the physical aspect of a person, but also the mental, emotional, and environmental aspects that impact one's life. The naturopathic therapies are all based on the same principles: They assist the body's healing response, and they are often more effective when combined.

Who can Benefit from Naturopathic Medicine?

Naturopathic medicine treats a wide range of health concerns. Some of the most common conditions treated by an ND include:

- Digestive Issues
- Men's & Women's health concerns
- Hypertension & Circulatory Issues
- Psoriasis, Eczema, Acne
- Fibromyalgia, Chronic Fatigue
- Chronic pain, Arthritis
- Depression, Anxiety
- Diabetes and High Cholesterol

What Treatments are Used?

Clinical Nutrition

With appropriate dietary modifications and nutritional supplements, health concerns can be treated with fewer side effects and complications

Acupuncture and Traditional Chinese Medicine (TCM)

For over two thousand years these practices have proven to be very effective, especially for pain relief and chronic illness.

Botanical Medicine

Prepared in such forms as teas, tinctures and capsules, specific plants have valuable medicinal properties in achieving health.

Lifestyle Counseling & Stress Management

The impact that stress and life events have on one's health is an integral part of a naturopathic treatment program

Homeopathic Medicine

Made from minute quantities of plants and minerals and chosen according to each individual's specific presentation of symptoms, these remedies have powerful healing effects.

Is Naturopathic Medicine Right for You?

- Are you interested in learning?
- Are you ready to take an active role in your health and well being?
- Do you believe that prevention is the key to optimal health?
- Are you willing to invest in yourself?

If you answered Yes to the above questions, then you are ready to consider a Naturopathic approach to health care.

What Type of Education does a Naturopathic Doctor Receive?

NDs require a minimum of 3 years of pre-med university education, plus 4 years of full-time study at an approved College of Naturopathic Medicine. This includes 1500 hours of supervised clinical experience.

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