



## **Naturopathic Medicine**

### **What is naturopathic medicine?**

Naturopathic medicine promotes wellness and the prevention of illness or disease through the use of natural therapies.

### **Who is it for?**

Naturopathic medicine is for people of all ages and health histories.

### **What conditions do naturopathic doctors commonly treat?**

Naturopathic doctors manage a variety of conditions including:

- Digestive complaints such as heartburn, constipation, food intolerances
- Pain management for example, arthritis
- Respiratory complaints such as allergies, asthma, colds and flu
- Diabetes or thyroid problems
- Depression and anxiety
- High cholesterol and blood pressure
- Hormonal problems such as acne, infertility, menstrual complaints.

### **What services do naturopathic doctors provide?**

Naturopathic doctors use wide range of therapies to treat including:

- Herbs
- Diet and Lifestyle counseling
- Homeopathy
- Nutritional supplementation
- Traditional Chinese medicine (acupuncture)

### **Contact us**

For more information about naturopathic medicine or to book an appointment please call Fitness Plus Physio & Rehab at 905-457-5211 or visit [www.fitnesspluscanada.com](http://www.fitnesspluscanada.com)