

# Our Services

## Naturopathy

Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. The naturopathic philosophy is to stimulate the healing power of the body and treat the underlying cause of disease. Symptoms of disease are seen as warning signals of improper functioning of the body, and unfavourable lifestyle habits. Naturopathic Medicine emphasizes disease as a process rather than as an entity. For many patients, this difference in approach to health provides them with a new perspective and awareness, and many patients with chronic illness have found tremendous benefits.

### Guiding Principles

- Do No Harm
- The Healing Power of Nature
- Identify and Treat the Cause
- Treat the Whole Person
- Doctor as Teacher

### **Thorough Health History:**

The initial visit includes a detailed history intake, to find out about relevant family history, lifestyle, different stressors in our life, past medical and surgical history, history of accidents or injuries, and other significant events in life that may have affected our health or well being.

### **Diagnostic & Assessments:**

Naturopathic doctors use conventional and naturopathic diagnostic tools for assessing health concerns, and determining the most appropriate treatment program.

### **Natural Therapies:**

Understanding nutritional status, eating habits and the type of food that we eat regularly is an important part of the naturopathic assessment. Naturopathic Doctors will take the time to assess the effect that diet is having on health and the body's ability to process and tolerate the foods a patient may consume. In addition, clinical nutrition and therapeutic lifestyle changes, botanical (herbal) medicine, naturopathic injections, hydrotherapy, acupuncture, and cupping, can also be used during treatments.

## FAQs

Q] What to expect on your first naturopathic appointment?

First appointment 60 min in length, that will allow us to review and discuss your current and past health concerns, your medical and surgical history and assess your current medication and supplement intake. We

will also conduct a general dietary intake analysis and order or review recent laboratory results. During initial appointment we will conduct a complaint oriented physical exam. We might also recommend further specialized laboratory testing for further assessment. An individualized integrative treatment plan will be provided, which will be further developed in subsequent visits to meet ongoing assessment, and help you restore/optimize health and achieve your goals.

Q] I have a chronic illness, can I still benefit from naturopathy?

Yes it's clinically beneficial to seek naturopathic care for chronic illness, people notice marked improvement in their health concerns and quality of life.

Q] Do i need to chose between natural and conventional treatment, or is it possible to work together?

We encourage clients to combine the use of both naturopathic and conventional medicine, also known as the integrative approach. It is optimal to have the best of both worlds, together we make a great team.

Q] Is Naturopathic Medicine regulated in Alberta?

YES, it is a regulated profession under Alberta's Health Practitioners Act by the College of Naturopathic Doctors of Alberta [CNDA]. Naturopathic Doctor must attend an accredited naturopathic school in North America, before writing the board exams and obtain the license to practice.

Q] Are Naturopathic Doctors covered by Extended Health Plans?

Yes, Naturopathic Doctors are covered by most extended health plans through employers, depending on the kind of health plan you have. Insurance providers pay for part of, or all naturopathic treatments

Q] Are Naturopathic Doctors covered by Alberta Health Care?

At this time we are not covered by Alberta Health Care.

Q] Does Revital Health direct bill insurance companies?

We direct bill most insurance companies. To check if your insurance provider is one of those, please give us a call.

Q] is laboratory testing included in the scheduled visit fee?

Specialized naturopathic testing is not often covered by insurance, although this does vary from each individual's insurance plan. We recommend you check with your insurance company first.

Q] What makes our online dispensary different from local health food store?

Our online dispensary carries professional-grade supplements, assuring high quality, efficacy, and safety to our patients. Through our online dispensary you could purchase and refill personalized prescriptions and other natural health products and the products will be shipped within few days.

