

Naturopathic Health Care

Promote a patient's health to address symptoms & disease

Naturopathic therapies

Support biochemical reactions

Minimize side-effects

Heal tissue

**↓ Symptoms, provide relief
AND
improve how body works**

Detective work to determine true cause of disease

**Lifestyle improvements:
sleep, eating, exercise, ↓ stress**

**Address functional problems:
Food sensitivities, etc...**

Fix underlying problem(s)

**Improve lifespan
AND
quality of life**