



Experience Your Full Health Potential

A Beginner's Guide to Naturopathic Medicine

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Introduction

You have likely downloaded this ebook because you are seeking a way to live a healthier, more balanced life. You may be struggling with health issues and are looking for natural solutions. If you are like most of my patients, you have become dissatisfied with the conventional choices of drugs or surgery as your only options. You would prefer a combination of both or all-natural treatment that leaves you feeling energized, balanced and rejuvenated.

The purpose of this ebook is to provide you with:

- Insight into naturopathic medicine – a marvellous health care option available to you;
- Empowering information to guide you on your healing journey, and
- Inspiration to treat your health as your most important asset for living a fulfilled life.

Having treated a wide range of health conditions and battled many personally, I understand how frustrating and challenging it can be to deal with chronic illness. Along my journey, I have come to understand that all symptoms are interconnected and are an indication of inner imbalance that must be addressed at the root of the problem. By recognizing a health concern as an opportunity for insight and positive change, you regain power over your health. The information presented here is a tool to help you to reclaim your ability to experience radiant health now and into the future.

If you have any questions or would like to pursue naturopathic medicine, please refer to **About the Author** for complete contact information.

Let's Get Started!

Your Health is Your Most Important Investment

“Health, the greatest of all we count as blessings.” –Ariphron

You may have heard the expression, “Your Health is Your Greatest Wealth.” This is true in every aspect. The state of your health impacts everything in your daily life, from your ability to get up and get dressed in the morning, to keeping up with your children, to sleeping well at night and meeting the challenges of a new day.

Often times we procrastinate about the things that are the most important to us. Investing in your health is the most important investment you can make. Consider these reasons why your health should be viewed as your most important investment:

Enjoyment of Everyday Life – Suffering physically, mentally and emotionally takes your energy and focus away from enjoying life as it happens at every moment of the day.

Preventing Chronic Illnesses – obesity, cancer, heart disease and diabetes are quickly becoming epidemics in our country. The development and progression of these chronic diseases stem from common states of imbalance in the body. Prevention and a healthy lifestyle go a long way in warding off disease and giving you peace of mind.

Aging with Grace – We all know people who look shockingly far beyond their years due to illness. Don't be that person! Look and feel younger from the inside out. Approach life with the vigour of youth and enjoy it to the fullest.

Control the Direction of Your Life – Don't give up control of your life and let illness dictate what you can and can't do. Play an active role in your health. How you feel on a daily basis is an accumulation of all the small decisions you have made up to this moment. Take charge of your health and decide from now on to make health-conscious choices that enhance your well being.

Influence Your Gene Expression – Many people believe that if their parent(s) suffered from heart disease, they are bound to have it as well. While it is true that you have an increased risk of illness through heredity, your genes are not necessarily your destiny. There is an exciting new field of medicine – epigenetics – which has discovered that genes for disease become activated in unhealthy circumstances or can remain inactive throughout one's life when the right conditions are set up to achieve optimal health. By being proactive about your health, you can prevent disease by influencing gene expression.

The Abundant Benefits of Naturopathic Medicine

“He who has health has hope, and he who has hope has everything.”

–Arabian Proverb

Naturopathic medicine is a complete form of health care that can help you increase your vitality and feel better now and in the future. The pay-off is tremendous when investing in your health. Peace of mind, balanced emotions, and inner well-being are all benefits of making health-promoting changes to your lifestyle now.

Here is a list of a few out of many wonderful benefits you stand to gain through naturopathic medicine:

Physical

- ✓ To slow the signs of aging;
- ✓ To have boundless energy and stamina;
- ✓ To do what it is you do best – and do it better;
- ✓ To maintain a strong physical structure long-term ;
- ✓ To enjoy delicious, healthy and nutritious food;
- ✓ To effortlessly maintain a healthy weight;

Mental

- ✓ To experience true relaxation;
- ✓ To give your full focus to the present moment;
- ✓ To be able to do what you want, when you want;

Emotional

- ✓ To indulge on occasion guilt-free;
- ✓ To exude self-confidence, happiness and peace;
- ✓ To be confident in your healthy, informed choices;
- ✓ To have a conscience free of regret;

Spiritual

- ✓ To enjoy life to the fullest with awareness;
- ✓ To live with integrity and in alignment;
- ✓ To have an inner sense of harmony and tranquility;

Overall

- ✓ To share your knowledge and contribute to bettering the lives of others;
- ✓ To have balance between mental, emotional, physical and spiritual well being, and last, but not least,
- ✓ To experience personal evolution.

Am I a Good Candidate for Naturopathic Medicine?

*“Everyone has a doctor in him or her;
we just have to help it in its work.” –Hippocrates*

Ask yourself the following questions to see if naturopathic medicine can help you to become your best self:

- Are you often tired and can't seem to get enough sleep?
- Is stress getting the best of you?
- Do you suffer from symptoms that haven't been diagnosed?
- Do you feel that you are not at your best?
- Are you missing out on things that make you happy due to illness?
- Have you had partial or no success with conventional treatments?
- Are you feeling like you want more out of your healthcare?
- Are you wondering what your mental, emotional and spiritual well-being have to do with how you feel physically?
- Are you ready for positive change in your life but need guidance?
- Are you ready to make space and time in your life to heal?
- Do you have the sense that there is a deeper aspect of healing?

If you answered yes to some or all of these questions, there's an excellent chance that naturopathic medicine can help improve your overall health.

The Medicine of the Future

*“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” –
Thomas Edison*

Naturopathic Medicine is a system of medicine that combines the best of ancient medical systems and modern evidence-based therapies. Naturopathic medicine is the medicine of the future. The main focus of a naturopathic doctor (ND) is to get to the bottom of why you are sick and help you to heal at a very deep level. In addition, NDs have the ability to help provide you with symptom relief while investigating the root cause of your suffering. Ultimately, treatment with naturopathic medicine is always working in the spirit of prevention. Address your health concerns now and avoid symptoms snowballing into chronic disease later.

Lifestyle and nutrition are always at the heart of any great treatment plan. The foundation for excellent health is formed by ensuring adequate and restful sleep, exercising daily and eating a nutrient-rich diet.

Naturopathic medicine is a primary health care model. Primary health care means that naturopathic doctors are often the first point of consultation for patients. NDs have a wide scope of practice, knowledge in all areas of health and offer routine check-ups.

Conventional medicine and naturopathic medicine compliment each other well and can be used in combination. Where conventional medicine comes up short, naturopathic medicine excels. When conventional medicine has no solution, naturopathic medicine offers a range of non-invasive treatments that support healthy and normal physiological function. Naturopathic doctors provide patient-centered care that takes into account who you are as a person, what factors impact your health and what your goals are for the future.

The beauty of naturopathic medicine is that there are so many wonderful and effective tools to help achieve your health goals. An array of diagnostic measures and treatment options are available to understand why you are sick and to get you feeling better.

Nature's Pharmacy

- ✓ **Herbs** – Current research is continually revealing the powerful healing properties of plant substances traditionally used for thousands of years by various cultures.
- ✓ **Food** – A well-balanced diet individualized to your needs provides you with vitamins, minerals, enzymes & antioxidants to feel truly nourished.
- ✓ **Nutrients** – The highest quality nutritional supplements are used to promote optimal function where deficiencies or increased nutrient requirements exist.

Tried, Tested and True Medical Systems

- ✓ **Homeopathy** – Homeopathy is a scientific method of treatment widely used in Europe that is based on the law of similars used to stimulate the healing process and bring about deep healing.
- ✓ **Chinese Medicine & Acupuncture** – Traditional Chinese medicine dates back some 5000 years. The use of acupuncture gives the body the message to rebalance organ function and promotes the self-healing capacity of the body.

Hands-On Techniques to Correct Your Body's Physical Structure and Improve Overall Function

- ✓ **Physical Medicine** – Involves the use of massage techniques, spinal manipulation, hydrotherapy and other physical therapies to restore balance to the musculoskeletal system.
- ✓ **Lymphatic Drainage** – An often overlooked system, maintaining circulation of the lymphatic system is integral to a healthy and responsive immune system.

Mental, Emotional and Spiritual Well Being are Integral to Optimal Health

- ✓ **Lifestyle Counselling** – Addresses mental attitudes, thoughts, emotions and stressors that may be contributing to disease. In doing so, it allows you to confidently move forward and establish optimal conditions to flourish mentally, emotionally and spiritually.
- ✓ **Stress Management** – With the rise of stress-related illness, the integration of stress management techniques into daily life is essential to thrive in this modern society.

Diagnostic Measures from Conventional Testing and Beyond

- ✓ **Laboratory Testing** – Blood testing, urinalysis, and Pap smear exams are available to evaluate all parameters of health.
- ✓ **Food Allergy and Sensitivity Testing** – Objective findings from these tests are used to indicate which foods may be adversely impacting your overall health.
- ✓ **Saliva Hormone Testing** – Non-invasive testing is used to detect hormonal imbalances that can lead to low energy, inability to conceive, sleep disruptions, mood swings and hot flashes.
- ✓ **Hair Analysis**– Provides information about the absorption and assimilation of nutritionally important elements, as well as the presence of harmful toxins such as heavy metals.
- ✓ **Stool Analysis** – With a rise in gastrointestinal issues, looking more comprehensively at measures of digestive function can provide important directions for treatment

The Principles of Naturopathic Medicine

“The natural healing force within each one of us is the greatest force in getting well.” –Hippocrates

The principles of naturopathic medicine are effective guidelines for its practice because they are based on the laws of nature. Respecting these honourable laws at all times while helping patients to heal is a naturopathic doctor’s highest calling.

Primum Non Nocere

First, do no harm:

Illness is a purposeful process in the body. The process of healing includes the production of symptoms which are, in fact, an expression of the life force attempting to heal the body. Pain, fever, and swelling – these are characteristic symptoms of healing. Naturopathic medicine complements and is synergistic with this healing process. A naturopathic doctor supports this healing life force, also called, the *vis medicatrix naturae* or the healing power of nature.

Conventional treatments often oppose the healing life force, and harm the body’s natural healing mechanism. An example of this would be taking medication to lower a fever. A fever is our body’s way of incapacitating bacteria or viruses invading our system. With a higher temperature, our immune system performs better while the foreign invader is weakened. Treatment designed to suppress symptoms without removing the underlying causes is considered harmful. Suppressive treatment must be avoided or minimized as it interferes with the body’s natural healing mechanism and impairs the ability to heal completely.

Vis Medicatrix Naturae

The healing power of nature:

Health is a natural state. Most people are born with a natural ability to establish, maintain, and restore health. The healing process is intelligent and systematic; nature heals through the response of the life force. A naturopathic doctor's role is to facilitate the healing process. Identifying and removing obstacles to health and recovery are the primary objectives. This leads to restored health and well being.

Tolle Causam

Identify and treat the cause:

Illness does not occur randomly, nor without cause. The underlying causes of disease must be discovered and removed or treated before a person can recover completely from illness. Symptoms express the body's attempt to heal, however, they are not the actual cause of disease. Symptoms, therefore, should not be suppressed by treatment.

The cause of illness is often multi-factorial and includes physical, mental, emotional, and spiritual factors. Individualized treatment plans are developed to address the underlying causes of illness and help to bring about profound healing.

Tolle Totum

Treat the whole person:

Health and disease are conditions of the whole person. A naturopathic doctor treats the whole person and understands you as a unique individual. The harmonious functioning of physical, mental, emotional, and spiritual aspects are essential to optimal health and well being. Recovery from and prevention of disease requires a comprehensive approach to diagnosis and treatment. hope and understanding, a naturopathic doctor enables the patient to heal

Docere

The doctor as teacher:

A deeply supportive doctor-patient relationship is crucial to true healing. A naturopathic doctor empowers the patient with knowledge to enhance their health. As a motivator and catalyst for positive change, a naturopathic doctor walks with you on your path to wellness. Teaching with compassion, .

Prevention is the best cure

Prevention:

The ultimate goal of any excellent, patient-centred health care system should be prevention of disease. Education and promotion of healthy lifestyle choices are the key to creating optimal health. Collecting a thorough medical history, assessing risk factors and understanding the patient's unique life circumstances are important parts of prevention. Recommendations are made on an individual basis to not only treat the health concerns, but to avoid further harm or risk to the patient. Establishing a healthy foundation now is essential to avoid fighting disease later.

The Power of Engaging in Your Own Healing: A Case Study

“We must turn to nature itself, to the observations of the body in health and in disease to learn the truth.” –Hippocrates

There are many cases of success to choose from to share with you. However, I would like to give you an insider’s look into the healing journey of a patient, from *her* perspective. She is a 28 year-old kindergarten teacher who was new to naturopathic medicine. This is her story, entitled, ***One Body, One Chance***:

I always thought that I lived a healthy lifestyle. I worked out at least three times a week, I got my proper intake of fruits and vegetables, I took several vitamin supplements, I ate three or four meals a day and I got six to seven hours of sleep every night. I held off from drinking alcohol until the weekends so that I had a clear mind when working with my students. Why then, was I so extremely exhausted at the end of the day? I drive an hour to get to work, as a kindergarten teacher, and then drive an hour to get back home. I figured it was either the long driving throughout the day, the high energy output required by my wonderful students, or a mixture of the two. It was normal, I thought, to get home and want to fall asleep at seven o’clock.

As I focused more on what my body was telling me, I realized that a lot more was happening than just the fatigue. I found it difficult to focus for long periods of time without my mind wandering off to daydream or think about aspects unrelated to what was currently being addressed. I often craved foods, such as chocolate, candy and salty snacks. Lastly, I began to get headaches.

I learned about naturopathic medicine from my best friend. My ears always perked up when I would hear her talk about simple strategies to be proactive in living a healthy lifestyle. Naturopathic medicine always made sense to me as it takes into consideration the whole body rather than only the problem areas.

My best friend had been encouraging me to visit a naturopathic doctor for years. I, however, always made excuses as to why I didn't visit a naturopath for myself. "It's too expensive and I can't afford it." "I work all day and do not have time to visit one throughout the week." "My medical doctor is great and she would decipher if there was something wrong." "I am healthy so there is no reason for me to see one."

I was getting frustrated with my fatigue once I began falling asleep by eight o'clock on Friday nights. Finally, after taking a closer look into what my body was telling me, I decided to jump on the bandwagon and make an appointment to see a naturopath. After making the initial appointment, I filled out an in-depth questionnaire about my medical history.

At my first appointment, she reviewed my case and continued to ask pertinent questions about my bodily signals, did a physical exam and ran some lab tests. At my second appointment, I learned about the imbalances that were at root of my health problems. She recommended some supplements as well as some self-treatment at home.

Among all of her recommendations, the most challenging was the diet. I was to avoid sugar, including white bread, white pasta and white rice. This seemed nearly impossible since I am of Italian descent. My Nana makes the world's best gnocchi, ravioli and genettis! When we sit down to eat there is always white bread with the meal, pasta and dessert. To top things off, my stepfather is Chinese and owns an incredible Chinese restaurant, where white rice goes with almost every dish. I grew up eating this way and knew no other. WOW....How was I going to do this?

The first week was difficult because I was accustomed to my old diet. I had to learn how to cook with new foods. Grocery shopping is a completely different experience now. I now read the labels on EVERY item that I am placing into my grocery cart because I want to know what is going in my body. The thing that surprised me the most was that sugar is in almost everything – even in many whole wheat breads and soy or almond milk beverages. I eat a healthy, balanced, whole foods diet now.

Although it was difficult, the hard work surely paid off. Just in the first month and a half, I have never in my life felt better. I have so much more energy throughout the day and feel like I am giving my students the attention and

energy that they deserve. I do not feel tired until I lay my head down on my pillow at night, and I fall right to sleep. I no longer have food cravings. Surprisingly, I never feel extremely hungry other than in the morning before breakfast. I eat all day long, small meals, and I have lost weight. More importantly, my body fat index decreased significantly. My body feels lean and I am more comfortable with myself. I am happier and feel more present when speaking to people.

This journey to health has truly been an amazing experience. I am looking forward to meeting with my ND within the next week, where we can continue to work together towards reaching my next goals. The great thing about having her is that she is very supportive and truly cares about my well being. I only have this one body and I am going to treat it with love and care because it deserves nothing less.

You can probably relate to this story – lack of energy, fatigue, high stress, and completely unfamiliar with how it is to feel fantastic. Naturopathic medicine can help boost your energy and guide you to healthier choices that make you more resilient to the effects of stress. The opportunity to reap the benefits of naturopathic medicine is here.

About The Author

As a teen and young adult, I suffered from a number of mounting health issues. After dealing with numerous medical doctors, medical specialists, testing, drugs and surgeries, I realized that though partially helpful, none of these were able to provide me with lasting wellness.

During university, while trying to sort out the direction my future was about to take, I stumbled across The Canadian College of Naturopathic Medicine online. Being a Philosophy major, I gave it a lot of thought, analyzed every angle and asked a million and one questions. By the end of my research, the principles of naturopathic medicine had captured my heart and soul.

The passion I have for naturopathic medicine runs deep. It has given me a new opportunity to live my life to the fullest and practice in a profession that I love. I am a living example of naturopathic medicine's power, importance, and ability to heal people on all levels. It is my personal, life-long solution to health concerns and I am so very happy to be able to help you on your own healing journey.

Wishing You Radiant Health & Happiness,

Tara Guzzo, N.D., R.Ac.

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About The Naturopathic Practice

My naturopathic practice is based in Sault Ste. Marie, Ontario, Canada. I was born and raised in Sault Ste. Marie. After 14 amazing years of education and practice in Southern Ontario, I moved back home to be with my family and life-long friends. It's an incredible feeling when you can give back to the community that nourished and fostered your growth and development. I'm thrilled to be home!

In my practice, I treat patients of all ages and at all stages of health. My patients are your parents, your co-worker, your best friend, your child and your next door neighbour. They seek naturopathic treatment from me for a variety of symptoms and health conditions, but they all have one thing in common: the desire to heal in order to experience higher levels of wellness.

My patients are just like you. They are seeking a new type of healthcare: modern, compassionate, patient-centered that acknowledges them as a person and brings about healing without suppressing or aggravating symptoms. My patients are actively engaged in their own health, are open to positive change, aspire to maintain balance and are forward-thinking enthusiasts of natural medicine because it has helped them lead more fulfilling lives.

If you need help to overcome your health obstacles, consider natural active healing solutions. I am here to assist and guide you on your path to healing.

Please feel free to contact me at:

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Resources

Websites:

Dr. Tara Guzzo, N.D., R.Ac. www.dr tara.ca

Ontario Association of Naturopathic Doctors www.oand.org

Canadian Association of Naturopathic Doctors www.cand.ca

Books:

Nature Cure by Henry Lindlahr

The History of Naturopathic Medicine: A Canadian Perspective by Iva Lloyd, ND

When The Body Says No: The Cost of Hidden Stress by Gabor Mate, MD

The Biology of Belief by Bruce H. Lipton

Did you find this ebook useful?

Please spread the word by sharing this information with your family, friends, and co-workers! Or better yet, send them the link to www.dr tara.ca so they can download their own copy and discover the wonderful benefits of naturopathic medicine for themselves.

Many people are desperately trying to figure out how they can overcome their health problems to live more meaningful and fulfilling lives. This ebook provides a great start to inspire hope and foster understanding of the powerful healing ability of naturopathic medicine that is available to all!

Naturopathic Doctor's Oath

I dedicate myself to the service of humanity as a practitioner of the art and science of Naturopathic Medicine.

*By precept, education and example,
I will assist and encourage others to strengthen their health,
reduce risks for disease,
and preserve the health of our planet for ourselves
and future generations.*

*I will continually endeavour to improve my abilities.
I will conduct my life and practice of Naturopathic Medicine
with integrity and freedom from prejudice.
I will keep confident what should not be divulged.*

*I will honour the principles of Naturopathic Medicine:
First, to do no harm
To cooperate with the healing powers of nature
To address the fundamental causes of disease
To heal the whole person through individualised treatment
To teach the principles of healthy living and preventive
medicine.*

*With my whole heart, before these witnesses,
as a Doctor of Naturopathic Medicine,
I pledge to remain true to this oath.*