

CHRONIC ILLNESS

Chronic illnesses can range from heart disease, liver disease, osteoporosis, chronic fatigue, arthritis, Alzheimer's, asthma, fibromyalgia, diabetes, Parkinson's, irritable bowel disease, and more. By identifying and treating the underlying causes of your chronic illness, a naturopathic doctor (ND) can help ease your symptoms.

PRESCRIPTIONS: VITAMIN AND MINERAL DEFICIENCIES

Many pharmaceutical drugs can deplete your body of the vitamins and minerals it needs to repair damage and improve your health. In addition, medications can cause unpleasant physical and mental side effects that interfere with daily life. NDs are trained to identify and address vitamin and mineral deficiencies, and recommend foods and supplements that will reduce the negative side effects of your medication and help your body heal.

DETOXIFICATION

Research studies show a link between systemic toxicity and chronic illness. Toxins in our air, water, food, homes and offices, environmental pollution, pharmaceutical and recreational drugs, and nutritional deficiencies can all contribute to increased toxins within your body's tissues. With diet and lifestyle changes, and therapies such as acupuncture, hydrotherapy, sauna therapy and more, a naturopathic doctor can detoxify your body and encourage healing.

IMMUNE SUPPORT

Fighting a chronic illness exhausts your immune system. Your ND may recommend foods, botanical medicines, Asian medicines, nutritional supplements, acupuncture, hydrotherapy and stress reduction techniques to improve your immune function and enhance your recovery.

PHYSICAL AND EMOTIONAL HEALTH

In addition to recommending treatments that address the physical aspects of your chronic disease, NDs also address the mental and emotional effects of illness. Diet and lifestyle adjustments, nutritional supplements, herbs, acupuncture, homeopathy and other naturopathic modalities can help address the underlying causes of your physical ailment. But your ND can also use these tools to address the mental stress and emotional patterns that can exacerbate chronic conditions.

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