

Naturopathic Care for Children

by Anna Bunda, N.D.



To all Parents!

We would like to welcome you and your children to the world of Naturopathic Medicine!

At the Integral Health Clinic we experience many mothers and fathers with their children ranging from infancy to adulthood come through our doors. Health concerns are addressed through many approaches, always using the least invasive methods. Generally one of the initial visits is to investigate what foods a child could be intolerant to. Food intolerance testing is very gentle and can be performed on the smallest of bodies in a non-invasive manner. The results can be related to almost any health challenge and is generally done on all new patients. This method of assessment is helpful as well when the time is approaching to begin introducing solid foods.

Very commonly we have children of all ages with their chief concern being recurrent colds, infections and the flu. This is an area where we often find that by assessing food intolerances most can be eradicated or brought to a much lesser frequency of occurrence. In doing so the need for antibiotics is greatly decreased. We would also address the individual with therapies such as homeopathy, botanical medicine and nutritional supplementation.

There are a number of women who may have musculoskeletal imbalances before and/or after giving birth. The Bowen technique is indicated at this time to help realign the pelvic and tailbone areas which can lead to chronic pain and hormonal imbalances. Again being a very gentle, yet effective therapy.

Naturopathic Doctors provide support to women preparing to conceive as well as during pregnancy and the few weeks before delivery.

The above information has only touched the surface as to how naturopathic doctors are an integral part of your family's healthcare. Please inform yourself further by connecting to our website at <http://www.naturopathy4u.com>.

To obtain a license as a naturopathic doctor (N.D.) in Ontario, a person must have three or four years of premedical university study plus graduation from an accredited four year doctorate program. Training not only includes the same basic sciences a medical doctor receives but also a focus on botanical medicine, homeopathic medicine, clinical nutrition, acupuncture and other physical modalities such as the Bowen Technique (<http://www.bowtech.com>).

Naturopathic doctors are primary care practitioners, practicing family medicine and address almost all conditions that you would see your medical doctor for. These can range from the common cold and flu, food sensitivities, chronic fatigue, childhood illnesses, degenerative conditions such as arthritis, asthma, heart, immune system,



digestive and bowel conditions. We must emphasize however that N.D.'s are trained to look at the whole person not just at the condition itself, which is what sets the profession apart from other health practitioners. In assessing the patient we review the chief concerns of the patient as well as their energy, sleep, body temperature, digestion and the mental emotional spheres. We also ask the patient for recent blood work or testing if already completed or recommend that further assessment may be needed.

We welcome you to come and experience naturopathic medicine at Integral!

Naturopathic doctor consultations are covered by most work related health insurance plans and are tax deductible.

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For further information regarding the naturopathic profession:

- Ontario Association of Naturopathic Doctors: 416-233-2001
- Canadian Naturopathic Association: 877-628-7284
- Canadian College of Naturopathic Medicine (CCNM): www.ccnm.edu

