



Naturopathy: Frequently Asked Questions

This document was created to answer the most commonly asked questions about naturopathy at Heritage Fitness. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is naturopathy?

Naturopathic medicine is a distinct branch of primary healthcare focused on treating the root cause of illness and disease by stimulating the healing power of the body.

Are naturopaths considered doctors?

Yes. Naturopaths must graduate from a similar four-year accredited medical program as conventional doctors and must pass two sets of medical board examinations to receive their license. The primary differences between naturopathic and conventional doctors are with the philosophical approach to treatment and the therapies used by each. Naturopaths commonly utilize the following modalities:

- diagnostics, examination, and laboratory testing
- botanical medicine
- clinical nutrition
- homeopathic medicine (homeopathy)
- physical medicine (hydrotherapy, massage, etc.)
- traditional Chinese medicine (TCM) and acupuncture
- lifestyle counseling and prevention

Who can benefit from seeing a naturopath?

All age groups, including pre/postnatal, infant, child, adolescent, adult and the elderly benefit from naturopathic care. Some of the most common conditions seen by naturopathic doctors include:

- Acute illness – candida (yeast/fungal infection), cold/flu, sinusitis
- Allergies – environmental, food, seasonal
- Chronic illness – cancer, chronic fatigue syndrome, eczema, fibromyalgia, psoriasis
- Digestive issues – crohn's/colitis, food sensitivity, indigestion, IBS
- Endocrine problems – diabetes, thyroid dysfunction
- Female issues – cycle irregularities, menstrual cramping, menopausal symptoms, PMS
- Fertility & pregnancy concerns

- High blood pressure & cholesterol
- Male issues – prostate enlargement, erectile dysfunction, prostatitis
- Mental concerns – ADHD, anxiety, depression, mental fog, stress
- Pain – arthritis, headache, low back, migraine
- Weight loss, detox & immune boosting
- Wellness check-ups & illness prevention

Do I need a referral to see a naturopath?

No referral is needed to see a naturopath. At this time, naturopathic appointments are not currently covered by OHIP, but most extended healthcare insurance plans cover all or partial costs of naturopathic treatments.

Should I wait until I'm sick to see a naturopathic doctor?

Not at all! Naturopathic medicine is a great way to take a proactive approach to your health. Naturopathy is the best form of preventative medicine and can help fine-tune your lifestyle to address issues before they become serious.

What can I expect to happen during my first appointment?

At the first appointment, patients can expect a thorough review of their health history, including a discussion of their chief concerns, inventory of current medications, supplements, an overview of their nutrition and lifestyle habits, and a review of personal and family history. The goal of obtaining a thorough history is to learn what is happening on the surface, and to check for subtler signs and symptoms that might be contributing to health concerns.

From there, we collaborate with the client to develop a personalized approach to their healthcare goals.

Whether you want to take a proactive approach to healthcare or have an acute or chronic condition you want to treat, we can help. Contact Heritage Fitness today at 613-253-2112 to book an appointment with one of our naturopathic doctors.