

FAQ'S

What is the difference between a naturopathic doctor and a medical doctor?

While naturopathic doctors receive extensive training in primary care, pathology and disease diagnostics, they differ from medical doctors in philosophy, approach to therapy, and treatment techniques.

A medical doctor may approach an illness by evaluating symptoms and prescribing pharmaceuticals and/or surgery. In naturopathic medicine, the goal of treatment is to address the underlying cause of illness, and to treat that cause. Every person is accepted as a unique being with their own individual experience of illness, and this is identified as important for guiding treatment . Treatment is aimed at returning the individual to a state of balance and to support the innate ability of the body to heal itself using gentle, non-invasive, natural therapies. These therapies include nutritional assessment and counselling, botanical medicine, acupuncture, homeopathy, hydrotherapy, stress management skills, and mind-body counselling. Effective treatment is restorative and promotes whole body health.

What can I expect from my first appointment?

Your first visit will be about one hour long. We will thoroughly explore your health concerns, take an extensive medical history to gather important information regarding your physical, mental, and emotional health. A complaint-oriented physical exam may be performed. Depending on your condition, lab tests may be required or previous lab tests from other practitioners/doctors may be requested. Initial recommendations will be given to begin treatment.

How many visits will I need?

Upon your second visit, a detailed , personalized treatment plan will be outlined for you based on your current health complaints and long term health goals. Treatment is initiated and a follow-up visit is scheduled to monitor progress or administer treatment protocols, such as acupuncture.

Can children be treated with naturopathic medicine?

Yes. We encourage parents to bring in their children for treatment. It is especially important to treat while young to prevent illness from progressing later in life. Children have a lot of vitality and are often very receptive to natural therapies.

Will naturopathic medicine interfere with medications or my medical doctor's treatments?

No. Naturopathic doctors are educated to be able to co-manage with medical treatment. Natural treatments are carefully chosen so that there is no interference with your medication's effectiveness. Drug interactions with supplements and nutrients are carefully studied. Natural treatments and supplements can be very supportive for overall health and make the medications more effective. A naturopathic doctor will never take a patient off of a medication prescribed by any other physician. This decision must be made between the patient and the prescribing doctor.

Some people come to see a naturopathic doctor with a clear diagnosis and are looking for alternative ways to treat their condition. We may request laboratory test results from your family doctor and re-evaluate your diagnosis. In some cases, we may be able to offer drugless treatment alternatives. We are able to provide a second opinion about your condition and offer information to make choices regarding your particular condition.

How do I pay for a visit to a naturopathic doctor?

Visits to a naturopathic doctor are currently NOT covered by OHIP. Payment is made in full at the time of the visit and the clinic accepts most credit cards, debit, and cash. Many private insurance plans' **extended health benefits** cover some or all of the cost of a visit to a Naturopathic doctor. If you have insurance coverage, you can submit the receipt, issued at the time of payment showing the naturopathic doctor's license number.

Are naturopathic doctors regulated in Ontario?

Yes. Naturopathic doctors are the only regulated health professionals in the field of natural medicine in Ontario. Naturopathic doctors are regulated under the Regulated Health Professionals Act (RHPA) and are able to perform seven (7) controlled acts. Naturopathic Doctors are licensed and governed by the College of Naturopaths of Ontario (CONO).

How will I know if a naturopathic doctor is licensed to practice in Ontario?

In Ontario, the public can visit www.collegeofnaturopaths.on.ca. Or, you may call the College of Naturopaths of Ontario at (416)-583-6017

Additionally, to find a licensed naturopathic doctor near you, visit www.oand.org

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