



# Dr Heidi Rootes

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## **LIFESTYLE COUNSELLING**

To achieve the best results from your naturopathic treatment, you need to understand and practice the principles of healthy living. By helping you identify and adjust the habits that contribute to ill health, your Naturopathic Doctor (ND) will help you maintain wellness over the long term.

## **NUTRITION**

Nutrition is the cornerstone of good health. Like medicines and drugs, foods affect the way your body functions. Some foods help you heal, while others damage your body and contribute to chronic illness. A healthy diet – consisting of the right balance of vitamins, minerals, enzymes, phytochemicals, antioxidants, fatty acids, fibre and amino acids – is the most important tool for your body to manage stress, and prevent and recover from illness.

## **HERBAL MEDICINE**

Naturopathic doctors use herbs from Europe, the Americas, China and India to prevent and alleviate illness. Herbs work in two ways. First, they nourish your body with essential vitamins, minerals, enzymes, fatty acids, phytochemicals and antioxidants. Also, herbs help your body release toxins that can build up and cause illness. As natural medicines, herbs are relatively inexpensive, accessible, gentle and easily absorbed by our bodies.

## **ASIAN MEDICINE**

Asian medicine – which includes acupuncture, acupressure and Asian herbs and foods – is a complete medical system that has diagnosed, treated, and prevented illness for thousands of years. According to traditional Asian medicine, when your energy flow, or Qi (pronounced 'chi') is out of balance, your body cannot adapt to stress, making you more likely to develop chronic illness and pain. A harmonious flow of Qi, achieved by balancing cold and heat, internal and external, yin and yang, will help sustain your long-term physical, mental and emotional health.

## **PHYSICAL MEDICINE**

Physical medicine includes massage, hydrotherapy, and other physical therapies such as Prolotherapy, neural therapy and Bowen Therapy. Physical medicine works in two ways. First, it restores structural soundness to the skeletal system, joints, and soft tissue. In addition, it builds immunity and supports healing and detoxification.

## **HOMEOPATHIC MEDICINE**

Using diluted doses of natural substances, homeopathic medicine gently stimulates your immune system, and rebalances your body and mind. While conventional medicines often cover symptoms, homeopathic medicine relieves your symptoms by correcting their root cause. Since the causes of your symptoms are unique to you, your ND will examine the cause of your pain or illness before prescribing the right homeopathic remedy.