

## Nature Cures Naturopathic Clinic

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### **Welcome to Nature Cures Clinic!**

This information packet is intended to introduce you to Dr. Cathy Picard and Naturopathic Medicine. It is my hope that what follows will allow you to be comfortable with me and serve to answer some of the questions you may have about what to expect during our visits.

We can make the best use of our time together if you would read through this packet thoroughly, fill out the consent and intake forms, initial each page in the upper right hand corner and return them to me so I may review them before your first visit. If you find that you cannot return them to me before our first meeting, simply bring them with you on the day of your appointment. The intake form is comprehensive and will allow me to begin to gather the information needed to provide you with the care you deserve. In order to help you to the best of my abilities, I will need to learn a great deal about you.

We will work well together if we are clear on the issues to be addressed and communicate effectively in order to get you to your destination of wellness. Enhancing health will require commitment and work, but the rewards you will soon see will make it well worth the effort.

In many ways I will act as your personal health coach. I am here as your own personal knowledge base, educator, facilitator and source of encouragement.

### **How can Naturopathic Medicine help me?**

Most systems of health care will focus on how to decrease or eliminate the symptoms of a condition without addressing why the symptoms occurred in the first place; this is called managing a disease. This approach does not keep you healthy or eliminate disease. At best it keeps you free of symptoms. Even some holistic professionals are not aware of the importance of getting to the root cause of disease and may prescribe herbs or supplements for one to take indefinitely. This may be preferable to taking a drug, but it is still just disease management. In my view, the goal should be health that is maintained with as little intervention as possible. I will take a different approach to your healthcare. I know that by learning as much as I can about you and your life that we can discover what is causing you to feel unwell and begin to address these root causes.

### **What can I expect as a patient?**

It is my goal (and hopefully yours as well) to help you become free of illness and imbalance. The expectation is for you to attain freedom from being unwell. The work may be challenging, and each person takes their own course, but optimal health is possible and my sincere wish for anyone who seeks my help. We will begin with a discussion of your concerns and an introduction to my form of treatment. It will aid my assessment of your condition to have any lab results from the past year as well as a complete list of any supplements, herbs, or medications you are taking. The goal is to determine what is contributing to the problem(s) you are experiencing and work to remove those obstacles to good health.

### **How long will it take for me to feel better?**

Most people can be brought to a state of good health when supported with Naturopathic medicine and given adequate time. The time it takes for you to become well can only be estimated, as it is different for each person. Also, depending on your condition, it may not be possible to experience ideal health, but you can definitely be brought to better health.

If your condition is relatively new and your health has been generally good, then you may recover rather quickly. If your condition has been present for a number of years, you have multiple health problems or your health is generally poor, more time will be necessary for you to feel the full effects of treatment. The length of time it took to bring you to your current situation must be considered. We will spend time laying the foundation for a lifetime of healthy habits as well as removing obstacles to health and treating your predispositions.

Often times it is possible for you to begin to feel the effects of your treatment right away or within the first few weeks. There may be periods of great progress and stretches where it seems like little is changing but you are slowly becoming stronger. Patience may be necessary for the full effects to be seen.

### **What conditions are treatable with Naturopathic Medicine?**

The short answer to this question is everything. The better answer is that I treat people, not diseases. I do not deal with acute trauma or perform surgery, but I can offer treatments that will assist and speed healing. Most chronic disease is the result of many years of impaired function in the body and I can assist you with bringing that function back into balance. Conventional medicine tends to look for gross pathology and attempts to fix it once it has been discovered. Naturopathic medicine focuses on optimizing function and preventing pathology from occurring. Treatments are individualized to the patient such that two people with the same condition may receive different recommendations.

### **What treatments do you offer?**

The main modalities I use are nutrition, lifestyle counseling, homeopathy, nutritional supplements, herbal medicine and Bowen soft tissue therapy. Depending on your treatment plan, you may be prescribed one or all of these choices. More information is available about these treatments upon request.

### **Is Naturopathic care affordable?**

Optimal health is attainable and it costs far less than you may imagine.

On the surface, it appears that natural healthcare is more expensive than traditional care. Once you look deeper, you can see that Naturopathic care is actually more affordable long term and more effective in allowing you to maintain health and thus reduce your healthcare costs.

My intention is to provide strategic supplementation and special services as needed for a limited amount of time while we work on creating wellness. After this time, you will ideally be free of any medications and only require maintenance. After the treatment period, you will have adopted healthy lifestyle choices that will sustain you. You will get to a point where you no longer need to see me because you have learned the basis of effective self-care.

It is my belief that maintaining your wellness through diet and lifestyle costs far less and is much more satisfying than maintaining prescriptions, endless lab work and frequent doctor visits.

I hope that you have found this introduction to be informative and welcome you to ask any questions that may come up as we go through your healing process together.

With every good wish,

Cathy A. Picard N.D.