



Universal Health™



## Naturopathy

The emphasis is on building health not fighting illness, achieved by fostering healthy lifestyles.

Naturopathy is both a science and a philosophy of healing; a tradition dating back many centuries. Naturopathy places emphasis on preventative medicine, and demonstrates that a healthy lifestyle, along with emotional, mental and spiritual wellbeing are fundamentals for good health.

## How Does It Work

Naturopathy is based upon the premise that Nature will, given the right conditions, cure illness. Each and every one of us has a healing force within us that will heal all diseases but to do so, certain pre-requisites such as nutritious food, pure water, exercise, sunshine, fresh air and rest need to be met. Without these conditions, the body will be in a state of disease.

There are four basic principles in Naturopathic medicine:

- Every patient is unique
- Everybody has the power to heal himself
- To overcome any disease we must treat the causes not just the symptoms
- The WHOLE of a person must be treated

## The Treatment

Using various diagnostic measures such as Iridology, Electro Dermal Screening, Magnagraph, VLA, the Universal Health Naturopath looks for the cause of disease, and if treatment is necessary, uses the most natural, non toxic and least invasive therapy available. A detailed study is taken of your medical history, paying particular attention to your lifestyle. If needed, X rays, ultra-sounds and laboratory tests will be recommended. Lifestyle changes (such as exercise, stress reduction) in conjunction with clinical nutrition, herbal medicine, detoxification programs and massage are given where needed. Naturopathic principles are a sound prescription for creating health.

## Do You Suffer From:

Acne, asthma, colitis, eczema, hypertension, gout, chronic fatigue syndrome, degenerative illnesses such as arthritis, depression, digestive complaints, fatigue, heart disease or hormonal imbalances such as premenstrual tension and menopause.

Naturopathy successfully combines so many therapies it is difficult to single out specific illnesses for which naturopathy is recommended. In fact, Naturopaths treat both acute and chronic conditions from arthritis to ear infections to HIV to asthma to congestive heart failure to hepatitis. Just enquire to verify your condition can be helped.

## The Benefits

You will feel healthier and fitter as a result of the diet and lifestyle changes your practitioner will recommend. You may also see vast improvements in your digestion, heart function and, in fact, all your bodies systems. Long term you can look forward to a healthier, active and longer life.

## Results You Can Expect?

You will benefit from a healthier lifestyle as your Naturopath advises you to make lifestyle changes such as eating more nutritious food, drinking pure water, exercising, getting plenty of sunshine, fresh air and rest. You will increase your health and vitality and experience a feeling of wellness.

**Naturopathy is a holistic approach to health and can be both preventative and curative.**

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

