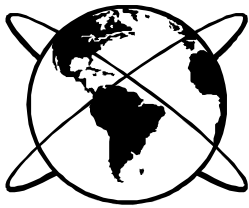


The Healing Power of Nature is called the *Vis Medicatrix Naturae*. Naturopathic physicians are trained in a variety of methods to learn about your needs. In making recommendations they draw on a wide range of possibilities.

Stresses, or "Obstacles to Cure"

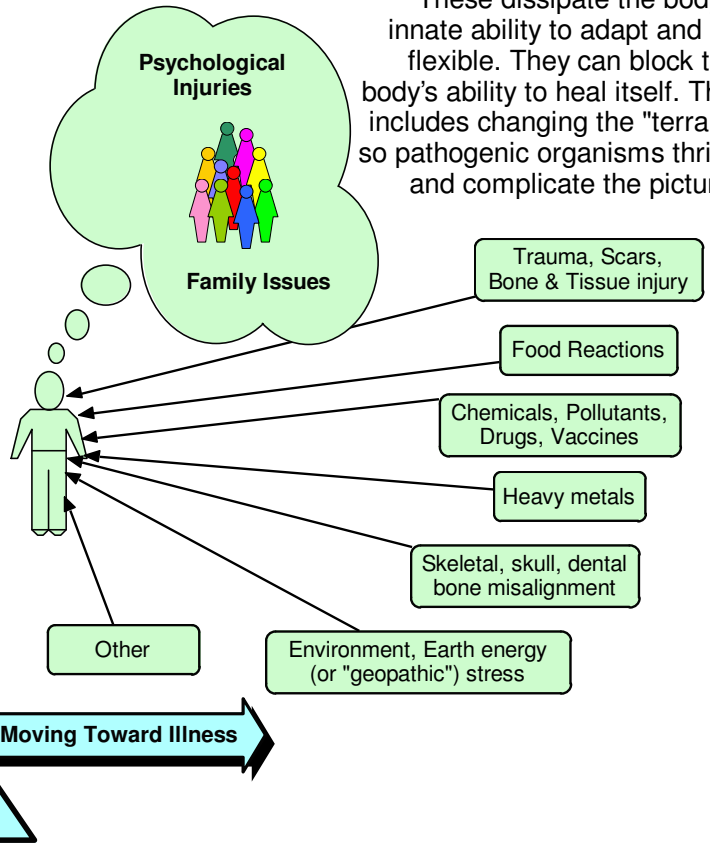
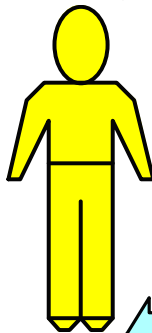
These dissipate the body's innate ability to adapt and be flexible. They can block the body's ability to heal itself. This includes changing the "terrain" so pathogenic organisms thrive and complicate the picture.



Everything is connected to Everything Else

Aspects of the Whole Person

- Spiritual (as you define it)
- Intuitional
- Mental
- Electromagnetic
- Physical



Principles of Naturopathic Medicine

The Healing Power of Nature
(Vis Medicatrix Naturae)

Identify and Treat the Causes
(Tolle Causam)

First Do No Harm
(Primum Non Nocere)

Doctor As Teacher
(Docere)

Treat the Whole Person

Prevention

Wellness

Ways to Discover What is Affecting Health

Interview and health history
Physical examination
Laboratory tests
Diagnostic imaging
Other

To evaluate a person the Naturopathic Physician can draw on several different ways of knowing. Besides typical western techniques you may undergo analysis with 1) Chinese pulse, tongue and meridian correlations; 2) Ayurvedic body type; 3) Homeopathic analysis; 4) Iris analysis; 5) Other. A number of unique lab tests and technologies may also be recommended.

Functional Assessment: At NIHA we add digital iridology, blood assessment with darkfield microscopy, Heart rate Variability Testing, and the Autonomic Response Testing and the Applied Psycho-NeuroBiology of Klinghardt.

Ways to Help the Person Toward Healing

Remove stresses and Obstacles to Cure
Strengthen the immune system

Encourage healing in each of the aspects of the whole person.

Approaches used may include: Nutrition; medicines of mineral, animal and botanical origin; hygiene/lifestyle measures; exercise and movement; physical medicine, manipulation and Cranio-Sacral therapies; the use of water, heat, cold, light, electricity, air, earth, electromagnetic and mechanical devices, ultrasound; homeopathy; acu-meridian therapies; psychotherapy, counseling; education in energy-awareness model of health.