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Dear Patient,

Welcome and thank you for choosing our practice for your care. The staff and I at **The MNHC Naturopathic & Medispa Clinic** would like to make your experience with our office a pleasurable one. I am honoured to be your naturopathic doctor, and I am committed to providing you with the best care I can.

The emphasis in my practice is educating and assisting the patient in making healthy lifestyle choices, as well as working up an individualized nutritional program. This program will consist of using any indicated supplements, herbs, homeopathic remedies, and other various forms of treatment. Some of these treatments will include the following: infrared sauna, botanical medicine, homeopathic medicine and nutritional supplements.

It will give me great pleasure to work with you on your goals either through my own expertise or by referral to other health professionals at this health centre. I look forward to working with you as your naturopathic doctor. Please feel free to contact me if you have any concerns you may think are affecting your health. My hope is that we form a partnership to keep you as healthy as possible, no matter what your current state of health is. I will share my medical expertise with you, and I hope you will take responsibility for working towards a healthy lifestyle, that is so important to your well-being.

Sincerely,

Liat Trop, B.Sc. (Hons.), ND
Naturopathic Doctor

What is Naturopathic Medicine?

Naturopathic Medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies including botanical medicine, clinical nutrition, hydrotherapy, homeopathy, and lifestyle counseling.

A Naturopathic Doctor is a primary care practitioner that seeks to restore and maintain optimum health in their patients by emphasizing nature's inherent self-healing process. A Naturopathic Doctor views the individual as an integral whole including the physiological, structural, psychological, social, spiritual, environment and lifestyle factors affecting health. Symptoms of disease are seen as warning signals of improper functioning of the body and unfavourable lifestyle habits. Naturopathic Medicine emphasizes disease as a process rather than disease as an entity. The primary goal is to treat the underlying cause of the disease. This approach has proven successful in treating both chronic and acute conditions. Treatments are chosen based on the individual patient, not based on the generality of symptoms.

Naturopathic doctors can also complement and enhance health care services provided by other health care professionals. They cooperate with other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate. Naturopathic Doctors provide patients with a truly integrative form of health care.

What you can expect on your visits with Naturopathic Doctor Liat Trop?

The initial consultation is a thorough intake covering your chief concerns in detail, as well as reviewing your medical and family history, general lifestyle, exposure to environmental hazards, stress levels, personal goals, diet, sleep habits, energy etc. Laboratory tests may also be ordered. In order to have a complete assessment, a complaint oriented physical exam may be included either in the first visit if time permits or during the second visit. The initial visit is up to 1 hour in duration.

During the second visit laboratory tests will be reviewed and a comprehensive personalized treatment plan will be presented. This second visit is up to 45 minutes in duration.

Follow up visits are required to assess treatment response and to further customize the treatment plan.

To your initial appointment please bring copies of any laboratory tests that you may have as well as all the medications and supplements you are currently taking. If you are bringing a list of the medications and supplements you are currently taking, please remember to include the dosage of each, as well as the brand name of each supplement you are taking.

Commonly asked questions?

Who should see a Naturopathic Doctor?

Anyone from newborns to the elderly can benefit from Naturopathic Medicine and at Natural Health Center we encourage preventative medicine for the entire family. All health conditions can benefit from naturopathic treatments.

How many times should I expect to see a Naturopathic Doctor in order to get better?

Every individual is different. The number and frequency of follow-up visits will depend on the severity of your condition, how long you have had it, your vitality and your dedication to getting better. Subsequent visits are extremely important so that your Naturopathic Doctor can monitor your progress, update your treatment protocol and discuss any concerns as they come up. Take the time to get better now. Look at it as an investment in your health for years to come.

What should you bring to your first visit?

You should bring your most recent blood work and other relevant testing you may have had done. Also bring a list of current medications and supplements (including brand names and dosages).

What is the difference between a Naturopathic Doctor and a Medical Doctor?

Both are Doctors trained to diagnose the same conditions. Naturopathic Doctors (ND's) complete 3 or 4 years of pre-med training (usually achieving a bachelor's degree) and then have 4 years of training at an accredited naturopathic medical college. ND's must successfully complete North American and provincial board exams prior to being granted licensure.

Medical Doctors use pharmaceuticals and surgery to treat patients and relieve symptoms, while ND's use a multi-faceted non-drug, non-surgery approach to your health care. Using the most advanced technology available for diagnosis and treatments, ND's look at the patient's health history and lifestyle and treat the individual using methods such as supplements, nutrition, herbs, homeopathy, acupuncture and other non-drug alternatives. ND's work with you to make healthy lifestyle changes in order to prevent chronic disease.

How are Naturopathic Doctors trained?

Naturopathic Doctors take a minimum of three years premedical studies at university, followed by four years of specific training at a recognized college of naturopathic medicine. The education encompasses basic medical sciences, naturopathic philosophy and therapeutics, and 1500 hours of supervised clinical experience. There are six accredited naturopathic medical schools in North America:

- The Canadian College of Naturopathic Medicine (Toronto, Ontario)
- Boucher Institute of Naturopathic Medicine (New Westminster, British Columbia)
- Bastyr University (Seattle, Washington)
- National College of Naturopathic Medicine (Portland, Oregon)
- Southwest College of Naturopathic Medicine (Scottsdale, Arizona)
- University of Bridgeport College of Naturopathic Medicine (Bridgeport, Connecticut)

Graduates from these institutions receive a Doctor of Naturopathic Medicine (ND) degree or diploma. In regulated (licensed) provinces and states across North America, graduates must also pass rigorous standardized licensing exams approved by the North American Board of Naturopathic Examiners to qualify for practice. In Canada, ND's are regulated in British Columbia, Manitoba, Ontario, and Saskatchewan.

What are the types of treatments that a Naturopathic Doctor would use?

Preventative Medicine – a comprehensive assessment of an individual's health risks including diet, exercise and stress. The Doctor will then provide preventative health protocols for the patient to follow.

Nutritional Medicine – using dietary protocols, nutritional advice and supplements to heal and repair the body.

Botanical (herbal) Medicine – ND's are professionally trained herbalists and know both the historical uses of plants as well as the modern pharmacological mechanisms.

Homeopathic Medicine – small amounts of natural substances are used to stimulate the body's self-healing abilities.

Hydrotherapy – the use of water (varying temperatures) to facilitate the healing powers of the body.

Lifestyle counseling – counseling, nutritional balancing, and stress management are used to help patients heal on a mental/emotional level.

What conditions and illnesses do Naturopathic Doctors commonly treat?

Naturopathic Doctors treat virtually all acute and chronic conditions. Many patients visit an ND when they feel that they have exhausted their options, and are extremely surprised (and grateful) to find that the ND can greatly relieve not only their symptoms but also help to remove the underlying cause of disease.

Many others see an ND as a pro-active approach to their lives. These people are not suffering from chronic conditions, but want to optimize their health and wellness and are making an effort to improve their lifestyle in a variety of ways.

Is Naturopathic Medicine safe?

Naturopathic Medicine as a primary health care profession is unusually safe, as indicated by malpractice data, insurance statistics and favorable safety records. Natural does not mean harmless, so skill and knowledge are required as with any diagnosis and treatment of health conditions.

What are the benefits of Naturopathic Medicine?

Naturopathic Doctors offer a variety of treatment options and will usually combine 2 or 3 types of treatment that will be most effective for your condition. The goals of a Naturopathic Doctor are to understand the individual health needs of each patient, to treat the underlying cause of the condition (rather than cover up symptoms) and to restore normal body function by enhancing the body's own healing abilities.

For example, if the red "warning" light is flashing on your car dashboard, you wouldn't disconnect the wires so that you don't see the red light (i.e. like taking medication for a headache instead of finding out why you have the headache in the first place). Instead, you would pull over, look under the hood and see what the actual problem is. It makes sense to approach your health in the same way! Therefore, naturopathic Doctors must focus their efforts on understanding the unique needs of each patient. As a result naturopathic treatments are highly individualized. Patients are involved in their health program and learn to make effective, educated self-care decisions which can prevent future health problems.

What if I want to return vitamins, what is the policy?

Supplements, remedies, laboratory tests and other services are charged separately and are not included in the visit fee. There will be no refunds or exchanges on visit fees, supplements, remedies, laboratory test and other services.

What if I want to cancel my appointment, what is the policy?

A 48-hour notice of cancellation must be given or the full visit fee will be charged.