

Creation

What is a Naturopath and Naturopathy ?

Naturopathy is a modern term for an ancient concept of natural healing. It is more a philosophy than a therapy. Naturopathy embraces the notion that the body has an inborn ability to “self-heal” and that the practitioners role is to stimulate and support the process. Modern naturopathy incorporates an eclectic mix of therapies to promote wellbeing, with each registered naturopath integrating their own disciplines to support their patients well being. People think that Naturopaths are against orthodox medicine – this is not necessarily the case. I work alongside many orthodox doctors and functional healthcare practitioners – integrating my approach with them.

Within the USA naturopathy enjoys a high profile reputation. It is incorporated legally into the Affordable Care Act (2010) which makes it illegal for insurers to discriminate against naturopaths. In Australia, Canada, Switzerland and Germany too it is highly regarded.

What Is The Naturopathic Approach to HealthCare?

A naturopath seeks to use therapies which are most efficient and have the least potential to harm. Naturopaths are well trained and educated. I studied for approximately 14 years and maintain my knowledge through seminars and continual professional development, after all science is always progressing. However, put in its most simplistic form, **health depends on vitality within** not scientific knowledge! If a person is well nourished and free from toxins then it is likely their vitality will be high and they can maintain good health! 21st century living and knowledge has a tendency to make everything far too complicated. We, as humans in the West have a tendency to view health from only one perspective – that being unwell is not healthy!

We forget that sickness or poor health is simply our body attempting to remove the toxin that is within it – thus enabling a return to health.

We do not allow ourselves time to acknowledge poor health and restore vitality through a period of reactive symptoms, rest and convalescence.

We forget that vitality includes the mind body and emotions.

Whilst the use of certain medications may remove the uncomfortable symptoms associated with ill health it does not necessarily support well being. This is where naturopaths are different, we consider the whole and choose to use the most supportive natural products which work in sync with the patient – drawing the disorder out of the physical to raise vitality and self-healing. On occasions this includes the use of surgery from medically trained doctors but it may also include a change of lifestyle, dietary support, a change of mindset and rest!

Naturopathy has 6 core principles

1. **The healing power of nature** - restore and support the inherent healing systems by using methods and techniques that are in harmony with natural processes
2. **Do no harm** - use non invasive treatments that minimise the risk of harmful side effects.

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3. **Find the cause** - every illness and symptom has an underlying cause – often in aspects of lifestyle, diet or habits of the individual.
4. **Treat the whole person** - health and disease comes from a complex interaction of physical, emotional, dietary, genetic, environmental, lifestyle and other factors.
5. **Preventative medicine** - clients are taught the principles with which to live a healthy lifestyle
6. **Educate** the patient and emphasise self-responsibility for health

The Naturopathic Lifestyle - Balance is Key!

Eat with Mother Nature - fresh seasonal foods that are in their natural forms!

Drink health giving filtered or Spring water

Get adequate amounts of exercise and rest

Live a moderately paced life

Have a positive mindset and creative attitude

Connect to other people socially

Acknowledge spiritual consciousness – we all interact with each other!

Avoid toxins and polluted environments

Maintain detoxification methods

Justine Evans ND is a Registered Naturopath with the General Naturopathic Council and a member of various professional bodies such as The Naturopathic Nutrition Association and Complementary Therapists Health Association. To register as a Naturopath (ND) she underwent a number of exams and training to ensure her naturopathic techniques were in line with naturopathic principles.

Justine's individual qualifications are:

B.Sc in Nutritional Medicine

Asyra Health Screening Technician with Energetic Essences and Bio-Regulatory Remedies

Fertility Reflexology and ITEC Reflexology

Vodder Manual Lymphatic Massage Training

ITEC Swedish Massage together with a plethora of post graduate massage training – Indian Head, Thai Foot, Hawaiian, Hot Stones, Sports Techniques, No Hands and many others!

Meditation Teacher with Adult Education Teaching Qualifications

Reiki Master, Teacher and Channel

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