



# Healthcare the naturopathic way

By Paul Breslau, Breslau Insurance & Benefits Inc.

**A** naturopathic approach offers positive health solutions for those of us working and living in Scottsdale and throughout Arizona. We all benefit from The Southwest College of Naturopathic Medicine in Tempe, since it is recognized internationally for its curriculum based on the biomedical sciences. Many of their students have stayed in the area.

“Founded upon a holistic philosophy, naturopathic medicine combines safe and effective traditional therapies with the most current advances in modern medicine. Naturopathic medicine is appropriate for the management of a broad range of health conditions affecting people of all ages,” according to Dana Keaton, N.M.D., L.A.C., at the Center for Natural Medicine.

From naturopathic.org, the following principles are the foundation of naturopathic medical practice:

**The Healing Power of Nature** (*Vis Medicatrix Naturae*): Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.

**Identify and Treat the Causes** (*Tolle Causam*): The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.

**First Do No Harm** (*Primum Non Nocere*): Naturopathic physicians follow three guidelines to avoid harming the patient: Utilize methods and medicinal substances which minimize the risk of harmful side effects; use the least force necessary to diagnose and treat; avoid when possible the harmful suppression of symptoms; and acknowledge, respect, and work with individuals’ self-healing processes.

**Doctor as Teacher** (*Docere*): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.

**Treat the Whole Person:** Naturopathic



physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.

**Prevention:** Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness.

Dr. Keaton continues: “Naturopathic physicians (N.D.s) are the highest trained practitioners in the broadest scope of naturopathic medical modalities. In addition to the basic medical sciences and conventional diagnostics, naturopathic education includes therapeutic nutrition, botanical medicine, homeopathy, natural childbirth, classical Chinese medicine, hydrotherapy, naturopathic manipulative therapy, pharmacology and minor surgery.”

Try the more natural way!

The next time you or a loved one experience a health challenge, or if you just want to optimize your health, consider reaching out

to one of the many naturopathic doctors in our community. If you do not know where to start, try Dr. Keaton at the Center for Natural Medicine in Phoenix.

Another option is Redirect Health, with one location in the Airpark, one in South Scottsdale, and several more in the Valley. Per Dr. Janice Johnston, “We integrate several naturopathic specialists into our services. We find naturopathic physicians complement treatments offered by allopathic physicians very well, especially with respect to nutritional and hormonal needs.”

I am now partnering with leading local health insurance and employee benefits experts. Please reach out to me at 602-692-6832 or Paul@HRaz.com for an initial conversation, evaluation or referral. ■

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