



Eureka!—The naturopathic doctors were always right!

The latest regulation regarding allopathic medicine in Ontario is exactly the approach that, I as a naturopathic doctor have been promoting for over 30 years for my patients. The unnecessary yearly physicals for healthy patients, that was the norm for over 50 years, seems now to be obsolete. The College of Physicians and Surgeons strongly recommends to its members not to do it, only if and when there is a good reason. The recommendation states that their members should spend the time talking with the patient, to actually getting to know them and educate them in different areas of their lives. Finally, the penny dropped—now when the penny is actually gone out of circulation!

It is being finally recognized that knowing ones patient on a personal level, understanding the mental, physical and psychological sphere is what actually counts. That we have biochemical individuality and one magic pill does not cure all, in fact it may harm—including unnecessary tests that may merge from ineffective physical exams—causing the patient anxiety, worry and at times false positive.

So now—what does this actually tell you. Well, that you, as a patient have to take responsibility for your own health, you have to practice prevention, lifestyle modification—and have in your arsenal a dependable naturopathic doctor as your primary health care practitioner, who will guide you, help you in your quest for health, wellness and a happy long life.

As a naturopathic doctor, my recommendations to you are the following few steps that will help you get on the right road for life—

- Find a naturopathic doctor that you like, and to have a good rapport with each other—this is most important part, for you should be together as doctor, friend and personal confidant for decades. I have patients that have been with me for over 30 years.
- You need to have a complete/total case history taken—this will enable the doctor to see and understand all your health care needs and address major as well as minor issues. This is within the physical, the emotional and mental aspects of your being, otherwise you will not have balance in your life. Health is being in balance and harmony with all the various aspects of nature.

- Get on a good/monitored naturopathic program . The truth is, no matter how good your lifestyle is, or your diet is the environment , genes as well as stress and other factors will influence all outcomes—so unless you are addressing deficiencies and specific biochemical requirements it is not likely that it will get it from your food. Supplementation today is an absolute requirement. This is both for treatment, maintenance and life extension.
- The program has to include—homeopathics/herbs and other biologics if needed . This is not in every case, but most—as most patients have underlying chronic problems. Make sure that everything that you take is of the highest quality and comes from uncontaminated sources. Also, that it is biologically most active and bio-available as most patients have an absorption problem.
- Have a naturopathic health review at least 3 times per year. By doing this, you will always update your personal program as the body through time changes - what you need today, you may not require tomorrow.
- Have a blood/urine total work up 1time per year. This is vital for extracellular bio-chemic activity within the body, especially looking at values not only being within normal, but where it fall on the graph—be that a high normal or low normal. For example, you maybe within normal of the thyroid hormone, yet you maybe suffering from “sub clinical hypo-thyroid”. So a more in depth analysis is necessary.
- Have a hair analysis every 18 months. This is a very reliable tool to pick up cellular mineral deficiencies or excesses. Also many minerals are related to certain organs / glands, enzyme systems and thus the physiology of the gland can be well determined before any clinical changes occur. This test also will show how minerals are being absorbed, as well as toxic metal loads.
- Do a detox 2 times per year. There is environmental internal and external pollution due to numerous factors. The liver one of the major organs of detoxification is greatly compromised in our modern times, and it needs help.

I hope that you will give serious considerations to the above few important points regarding your health and well being. Today most patients are covered by extended health insurance—use it. Even if you do not have coverage, your health is worth everything. You can only be the best you can be only if you do and follow the right program. It is not easy, it is a challenge but it is worth every step of the way.

Make an appointment today with your naturopathic doctor.

Wishing you success,

Dr. Suzanne K Rohn H.D., N.D.

