

The Benefit of Naturopathic and Complementary Medicine

By Dr. Jeanette Gallagher ND

Ever wonder why some people encounter multiple diseases in a lifetime, why someone actually gets a disease, and, particularly, how you can improve your odds of staying healthy? You may learn the answers to some of these questions if you work with a naturopathic doctor.

It's great to do what you can for yourself. This is the true principle behind alternative or complementary medicine. It's a system of health and wellness that looks at the person, rather than the symptoms. Alternative medicine looks at the physical, emotional and lifestyle issues of the patient to see why the body decided to take a 'different road of functioning'.

Disease is like a straw on a camel's back. It results from a compounding effect, rather than just appearing one day for no seeming reason. Very small things multiply and accumulate in the body and when something comes along that the body has no reserves to work against, it may take more than you can give to overcome and repair the damage of the incident.

If you consume a certain number of vitamins per day in your food and you're stressed, the vitamins are eaten up by the stress and they never contribute to the body functions or repairing tissues of the body. The result: disease, imbalanced organ systems, cells not reproducing correctly for the functions they were designed, and ultimately, cancer, organ failure and a medical crisis.

Want to improve your odds? The people that look within themselves for answers and work at making changes in their emotional and physical lives will have dramatic healthy results. Your body and its cells read what they are given – what you feed them and tell them. The goal here is to clear the body of negative messages, provide it with excellent nutrients, and give it the time to repair itself. Many cancer and heart patients have had complete turn arounds when they do this.

Naturopathic physicians have been trained to seek out the root causes of disease and treat the patient as a whole. Health patterns from the past are observed to identify what contributes to today's ill health. Chronic disease may have started many years prior to the diagnosis and if it had been caught in earlier years, the patient would be in better condition.

If your body is screaming with pain, or you are experiencing symptoms of disease, see if there is a cause in the immediate past – see your doctor, but look within also. Small alterations may need to be in lifestyle, diet and emotional health. Ask the physician to let you work on your own health for a few months to see what you could do for yourself.

Seek out a naturopathic physician, a holistic practitioner or a patient advocate that has been trained to provide what you need to get started in your health plan. Be aware, there are many levels of alternative medicine. Do your research thought, so you stay safe in your current medical condition. The level of training required varies for a lot of holistic doctors, so find one you feel confident with.

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Remember: Ignoring symptoms your body sends out or delaying getting help will significantly alter your results. Take the time to see what is going on and get help.

About the Author



Dr. Jeanette Gallagher, ND is a Naturopath who has been in healthcare for more than 43 years in various positions and education.

Dr. Jeanette helps people who are not well or feel that something is not right, showing them how to be a participant in their healthcare and disease process. The goal is to minimize complications from incomplete records or communication, decrease stress or fear in making hard choices, improve health and quality of life by better personal choices.

She shows you how to support your healthcare provider by providing information consistently and completely about your health so there are less questions or gaps in your care.

She is a former dental hygienist, current patient advocate and mother of four grown children. Over the decades she has encountered many personal and health crises' in her life to learn what works and what does not. Dr. Jeanette is also a super caregiver and can share what it takes to help others.

For a listing of her services visit: www.MyPersonalAdvocate2.com