

the centre for

Health & Well Being

www.healthandwellbeing.info

Naturopathic Gynecology

Getting the Facts Will Lessen the Fear: When it comes to gynecological health, there tends to be a lot of fear and misunderstanding. It is important to get clear facts rather than making decisions based on misinformation and fear. Talking with a health care provider that you trust and getting the information you need, will help you on your journey to greater health and well being.

Regular Screening: When working from a preventative standpoint, annual screening is essential. Detecting dysfunction and addressing it will prevent disease from developing.

Keeping the Body in Balance: The reproductive organs do not exist in isolation from other systems in the body. All systems in the body have complex interactions affecting the health of one another. Assessing an individual as a whole person – on mental, emotional, spiritual and physical levels – is key to understanding the health of the reproductive organs.

Using Safe, Natural Treatments: Naturopathic doctors treat underlying causes that are contributing to the development of symptoms. In naturopathic medicine, there are many treatment choices for most acute and all chronic symptoms. Natural therapies used to treat common gynecological conditions are non-invasive and work to support the body's own healing mechanisms. Natural therapies include supplementation, dietary changes, lifestyle modification, topical treatments, herbal medicine and more.

Determining the Underlying Causes such as Immune Dysfunction, Flora Disruption & Hormonal Imbalance: In chronic vaginal yeast infections, for example, the normal healthy vaginal bacteria has been diminished, allowing yeast to grow and thrive leading to symptoms of a yeast infection. In such cases, the whole body's immune system is brought back into balance to re-establish normal, healthy bacteria throughout the body.

Open, Honest Discussion about Reproductive, Gynecological & Sexual Health: Empowering women with information about their bodies and their health is of the utmost importance. When you begin to understand how your body works, you have a clearer perspective on your state of health and how to maintain and optimize your well being.

Tip: Book your annual gynecological exam in your birthday month so you always remember.

If you are interested in learning more about Naturopathic Gynecology or would like to book your annual examination, please call 416.604.8240 or email Dr. Tara at tara@healthandwellbeing.info