

The 7 Principles of Naturopathic Medicine

The Healing Power of Nature

When the obstacles to wellness are removed, healing can occur naturally.

First Do No Harm

A naturopathic doctor's guiding principle, to prioritize least harmful therapies as first line therapies.

Prevention

Naturopathic doctors pay attention to the conditions that invite disease and administer a variety of preventative therapies.



Find the Cause

The practice of rooting out the source of a disease. Naturopaths trace the cause of an ailment.

Wellness

Natural medicine helps to guide people in making choices that promote wellness.

Treat the Whole Person

Naturopathic physicians address a patient's needs, desires, beliefs, lifestyle, and choices; using natural therapies to treat the whole person with individualized care.

Doctor as Teacher

Naturopathic physicians put the power back into their patients' hands by teaching them how to achieve wellness for themselves.

The expert natural health team at Heart Spring Health is committed to:

- > Supporting health
- > Restoring physiological function
- > Addressing the underlying causes of disease
- > Helping patients return to harmony

Through naturopathy, we address the four underlying factors affecting health including:

- > Stress
- > Lifestyle
- > Genetics
- > Environment



Heart Spring Health

heartspringhealth.com

For more information or to schedule a consultation with a naturopathic specialist, contact us at Heart Spring Health today!