

# Tired of Not Getting Results from Conventional Healthcare Approaches?



**7 Reasons Why the Naturopathic Approach  
Could Provide the Answers  
You Are Looking For.**

Todd Nelson, D.Sc., Naturopath





## **Disclaimer**

The products and statements in this report have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease.

All information provided in this report is for informational purposes only, and is not intended as a substitute for advice from your physician or other health care professional.

You should not use the information in this book for diagnosis or treatment of any health problem

**© Tree of Life Wellness Center**

# Tired of Not Getting Results from Conventional Healthcare Approaches?

## 7 Reasons Why the Naturopathic Approach Could Provide the Answers You Are Looking For.

Every day at my wellness center people tell me their stories of “hitting the wall” with conventional approaches to their health problems; they do what they are told - which tends to primarily be taking medication or doing a particular therapy, only to end up *not* getting the results they are looking for. Or worse, they start getting side effects from taking a prescription. This can be very discouraging. Have you had that experience?

Granted, correct medication and therapies are important for certain conditions, but all too often the first approach is to medicate in order to modify symptoms - with potentially toxic drugs. This approach rarely



addresses the cause(s) of the problem.

Without uprooting the causes, underlying imbalances will continue to keep you tired, sick, in pain, and far less functional. For example, if you have headaches, they are *not* caused from an ibuprofen deficiency. The ibuprofen can relieve the pain, but it has done nothing to eliminate the cause of why you are getting the headaches in the

first place. In addition, the more ibuprofen you take, the more likely you will have recurring headaches!

If you have had a similar experience, maybe you’ve gotten fed up and started searching for natural alternatives that are safe, effective, and might even help you overcome the cause of your health issues. Maybe you’re trying to improve your eating habits, exercise, reduce stress, and figure out what dietary supplements could help you. That’s wonderful, but without skilled, personalized guidance, you may end up wasting lots of time and money on approaches that are not really addressing what YOU need. You might be getting online, or going to the health food store sincerely seeking answers, yet you may end up feeling confused and frustrated because once again, you’re hitting a wall. Why?

There can be a lot of conflicting information in the natural health world, and you may be getting ineffective guidance from people who aren't really qualified to help you.

Let's explore 7 reasons why the Naturopathic approach could provide you with the answers you are looking for:

### **1. Identifying and uprooting the causes of your problems:**

Most health challenges have a number of factors that are contributing to the cause of the condition. It could be that you are eating a toxic diet, with foods that you are allergic to.

Perhaps your body has been exposed to too many toxins in the environment.

Maybe you are deficient in key nutrients that are required for your cells to function optimally. It could be a combination of genetics,

environment, stress, and lifestyle habits that have combined to create chemical and structural imbalances that manifest as illness.



Discovering which causes are factoring in to your personal state of health takes a skilled practitioner who can thoroughly review and assess your health history, your current lifestyle habits, your conditions, and even your genetic uniqueness. Sophisticated testing, called Functional Medicine tests, are often recommended to uncover subtle imbalances that tend to be overlooked in conventional medical practices. Some of these tests may even reveal the cause of the problem.

Without clearly identifying what may be causing your unique health problems, how can you begin to heal them? Well, you can't. So this is the vital first step on your road to recovering your health. A Naturopath is highly trained to investigate underlying causes of illness.

### **2. Naturopaths take a holistic approach to recovering and maintaining high-level health:**

As humans we are complex creatures. Recovering health requires examining all aspects of one's life in order to find out what habits, approaches, therapies, and support you will need for your unique health plan - especially if you are chronically ill. Just taking a medication doesn't take into account what will help you restore your health. A Naturopath takes into account



physical, genetic, mental, emotional, spiritual, social, environmental, and any other factors that may be playing into how you are feeling and functioning. They take the time to figure out which areas are most out of balance. Then they prioritize what areas need the most attention to bring back function back.

### **3. A Naturopath serves as a guide, a teacher, a coach:**

How many times have you seen a practitioner and felt like they were not listening to you? A Naturopath knows that you are the one who lives in your body every day, and your body is giving you feedback all the time – sometimes in the form of uncomfortable symptoms. They take the time to attentively listen to what you have been through and what you are trying to achieve for your health, what your struggles are, what's challenging for you, and what's been working and not working. They are interested in ***your*** health goals and are keen to pay attention to the outcomes ***you*** want.

Then, after carefully doing an evaluation and prioritizing the areas you most need to focus on, *the Naturopath begins coaching you in a very personalized way* about the habits, behaviors', therapies, and procedures that could most benefit you in recovering your health.

**Teaching you the tools to practice exceptional self-care is the objective.**



You may need regular visits for the first few months of care to get the guidance and support you need to make changes and monitor your progress. A personalized program usually requires making adjustments from time to time, depending on how you are responding.

### **4. First Do No Harm:**

This is a guiding principle for natural healthcare practitioners from many fields, and was originally attributed to Hippocrates. It seems that this principle sometimes gets lost in conventional

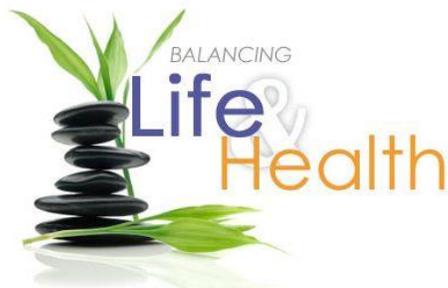
medicine. In fact, people dying from drugs, *as prescribed*, is the third to fourth leading cause of death every year in America!

The intention of the Naturopath is to offer harmless interventions like healthy eating, doing a periodic safe detoxification program, (one that has scientific and clinical research behind it), using targeted dietary supplements that are highly researched and have exceptional quality control, exercise, rest, stress reduction, practicing exceptional self-care, and complimentary therapies like massage, acupuncture, and meditation. These procedures are not known to cause any harm, unless taken to extremes.

This approach dramatically reduces the chances of serious side-effects and trauma to your system. Drugs and medications can be a part of a health program, but they need to be very carefully considered with your physician.

**5. “That which prevents disease may also cure it!” –Dr. Bernard Jensen.**

Dr. Jensen was a famous Naturopathic doctor, (and a mentor of mine), who would preach this to his patients. What that statement means is that if you adopt habits that prevent disease like eating an organic, whole foods diet, periodically cleansing, moving your body, reducing stress, thinking more positively, etc., you will not only prevent serious illness, but you may just overcome the current illness you have because your system will have a chance to restore function!



To be healthy you have to live a life that produces health. Each day the habits and choices you make leave a distinct mark on your body's function; you can't expect to be healthy if you are making unhealthy choices every day. Garbage in, garbage out, as the old adage says.

So, a Naturopath is focused, as mentioned above, on coaching you into finding the lifestyle and health practices that will most serve you to prevent illness, to overcome current health imbalances, and hopefully, to help you thrive!

## **6. Detoxification is paramount for recovering health:**

Conventional medicine rarely takes into account how the toxic load our bodies may be carrying every day profoundly plays into our state of health. To Naturopaths, periodic detoxification programs are a fundamental requirement for restoring health. Why?

Because each day we are exposed to a potentially long list of environmental toxins: Heavy metals like lead, arsenic, cadmium, etc., pesticides and herbicides, industrial toxins, GMO foods, drugs, solvents, and many other pollutants and toxic chemicals. These chemicals have been linked to everything from Parkinson's disease and Alzheimer's to diabetes and autoimmune disease.

Naturopaths know that each person has a genetic uniqueness in how well they can detoxify these compounds. Some people are highly chemically sensitive and have severe reactions to even tiny doses of these materials.



Living in a city makes the problem worse. If your toxic load is exceeding your ability to detoxify – overwhelming your liver, kidneys, gut, lungs, and skin – all channels of toxic elimination-then at first you'll get fatigued, have a harder time losing weight, and be more prone to inflammation. If the toxic load is sustained for long enough, you could start to succumb to serious illness.

A Naturopath is an expert at assessing your toxic load and in guiding you through a tailored cleansing program that utilizes food, juices, teas, and highly researched Medical Food supplements. This approach gradually reduces toxic load in order to re-establish normal function. I've witnessed a few thousand clients do cleansing programs and it never ceases to amaze me as far as the outcomes that they can get from doing so.

## **7. Naturopaths see people with a wide range of conditions:**

Whether you have a chronic illness, or you are just not functioning as well as you should be- maybe you're tired, have aches and

pains, not sleeping well, carrying too much weight - a Naturopath can usually help you get back on the road to feeling and functioning much better through a natural, safe, and effective approach. By transforming some lifestyle habits, finding out the right dietary supplements, doing some periodic detoxification, exercising, and reducing stress, our bodies can have an amazing resilience and function can dramatically improve!

To find out if this approach is right for you, I invite you to set-up a free 15-minute Health Strategy Session. Call me today at [\(303\) 969-3051](tel:3039693051)

or

email me at: [todd@tolwellness.com](mailto:todd@tolwellness.com)