



## NATUROPATHIC MEDICINE WEEK

### What is a naturopathic doctor?

A naturopathic doctor (ND) is an expert in natural medicine. NDs blend natural, non-toxic therapies with current advancements in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care. They are committed to using cutting edge medical knowledge and tools to resolve their patients' health issues and to create health solutions that can be uniquely tailored to each individual patient's needs. NDs attempt to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment. They collaborate with all branches of medicine referring patients to other practitioners for diagnosis or treatment when appropriate. NDs take the time to listen to their patients' needs and provide them with the space and answers they need to feel cared for and supported and to enable patients to take control of their health.

Currently, 20 states and territories license NDs to practice. Licensed NDs are graduates of four-year naturopathic medical schools with admissions requirements comparable to those of other medical schools. Degrees are awarded after extensive classroom,

# Naturopathic Medicine

## Methods of natural treatment

clinical and practical study. Medical science coursework includes cardiology, neurology, radiology, obstetrics, gynecology, immunology, dermatology, and pediatrics. California licenses naturopathic doctors under a division of the Osteopathic Medical Board. Back-round checks basic science and clinical boards need to be passed prior to receiving a license to practice naturopathic medicine.

### About Dr. Miki Finlayson?

She enjoys incorporating the science of natural methods in her clinic and treatments. Dr. Finlayson received an undergraduate degree in Microbiology and Immunology and minored in chemistry. She strives to excel in the never-ending questions of your health, the what, how, why and where of illness and disease. It is the focus on innovated lab testing and therapeutic dosages that enables her recommendations to her client to be individualized and specific. She lives a naturopathic life with her family and loves it.

### Natural Roots Medicine Naturopathic Wellness Center

Here is the place where health is all about living. Living healthier and making healthier decisions is the first step to reversing disease. At our clinic we teach and develop a partnership. We start with the food, ( the nourishment ) and water (for cleansing) and other innate healing components of the body. Dr. Miki encompasses the modalities she has come to learn and love to strive to excel past disease to wellness.

### Treatments Offered

NDs are trained to perform or order physical exams, laboratory testing, gynecological exams, nutritional and dietary assessments, metabolic analysis, allergy testing, X-ray exams, and other diagnostic tests. They are the only physicians clinically trained in the use of a wide variety of natural therapeutics. Naturopathic medicine is effective in treating most health problems, both acute and chronic. Some of the therapies\* used by NDs are listed here.

**Clinical Nutrition** is a cornerstone of naturopathic medicine. It refers to the practice of using food to maintain health, the therapeutic use of food to treat illness, and the utilization of targeted vitamin and nutrient therapy, given orally and by IV, as part of their treatment plans.

**Homeopathy** is a powerful system of medicine that is more than 200 years old. This medical system uses highly diluted natural substances to treat illness. Some conditions that do not respond well to conventional medicine will respond to homeopathy.

**Botanical Medicine** is also known as herbal medicine and is the use of plants as medicine. Many plant substances are powerful, safe, and effective medicines when used properly.

**Physical Medicine** includes naturopathic manipulation of the muscles, bones and spine. Application of hot and cold, gentle electrical impulses, therapeutic ultrasound, hydrotherapy, and exercise therapy are also used.

**Counseling and Stress Management** is offered by NDs. Mental attitudes and emotional states can be important elements in healing illness, and NDs are trained in counseling, biofeedback, and other mind-body techniques.

**Minor Surgery** includes repair of superficial wounds and removal of foreign bodies, cysts and other superficial masses, with local anesthesia as needed.

**Natural Childbirth** is offered by NDs with additional specialty training. These physicians offer prenatal and postnatal care using the most modern diagnostic techniques. When natural childbirth is not medically appropriate, patients are referred for appropriate care.

*\*The existence or absence of licensing laws may affect the types of therapies an ND can administer. Ask your ND for more information about available therapies.*

### Governing Principles

As a doctor we have sworn to do no harm. Our specialty medical degree governs our ability to a primary care provider to treat and manage chronic and acute illness. As with any specialty in medicine, rather it be cardiology or surgery, we are trained and continue to train in all the latest tools and methods in our field. Naturopathic doctors focus on finding the cause of the illness, this is often an imbalance in the body manifesting itself in its' symptoms that are categorized in medicine as diseases. By finding the innate cause of illness it negates the need to treat the disease because the disease often times no longer exists. Naturopathic Doctors have developed an art in deciphering the appropriate natural method of care, to educate the patient, to prevent further illness and reoccurrence. It is also an important part of our medicine to safely incorporate the management of pharmaceuticals and herbal medicines.



Two Locations:  
27001 La Paz Rd,  
Ste 292,  
Mission Viejo, CA 92691

(949) 388-8117 \*central  
scheduling line

2769 W Broadway  
Eagle Rock, CA 90041

FYI.....

Did you know that most insurances cover naturopathic doctors at an out of network rate. Call your insurance provider to ask for details. Not covered? Tell your employer you want holistic and alternative options. Your employer decides what services are covered for your insurance plan.

We are specialized in care and prevention for chronic and acute disease. We provide answers, care and resolution of conditions that often are not treatable with standard medicine.

Dr. Miki, ND