

WHAT TREATMENTS DO NDS USE?

CLINICAL NUTRITION

Diet assessment and case specific recommendations. Treatment may include nutritional supplements such as vitamins, minerals, enzymes, and other nutraceuticals.

BOTANICAL (HERBAL) MEDICINE

Plant substances from around the world used for their nutritional value and healing effects.

PHYSICAL MEDICINE

Physical treatments used by NDs include a variety of hands on techniques for the spine, joints and soft tissues, and can also include massage and hydrotherapy (the therapeutic use of heat and cold).

ASIAN MEDICINE

Asian Medicine is based on balancing the flow of Chi (energy) through the meridian pathways and includes the use of acupuncture and Oriental herbs.

LIFESTYLE COUNSELLING

Physical, emotional, nutritional, and environmental factors affect health. NDs help in making effective lifestyle choices.

INTRAVENOUS THERAPY

An effective way of delivering nutrients in concentrated forms. IV can support cancer treatment, and can benefit fibromyalgia, migraines, chronic fatigue, and pain management to name a few

BOWEN THERAPY

The use of thumbs and fingers on precise points to perform a set of rolling-type moves activates nerve bundles below the muscle and soft tissue of the body, prompting the body to reset, repair, and balance itself.

AURICULAR MEDICINE

A highly sophisticated assessment/treatment technique to assess disease states, and evaluate and establish treatment protocols that are most suited for the individual. It is based on the philosophy that every gland, organ, and tissue has a corresponding acupuncture point on the ear.

CUPPING

A technique whereby small cups are used as suction devices and placed on the skin. Once the suction has occurred, the cups can be gently moved lightly drawing the skin and superficial muscle layer into the cup. It acts as a type of inverse massage.

FACIAL REJUVENATION

Inserting hair-thin needles into particular areas of the face, ears, neck, hands, trunk, and legs. This safe and effective non-surgical procedure helps reduce or eliminate the appearance of wrinkles, sagging skin, and bags under the eyes.

HOMEOPATHIC MEDICINE

Minute amounts of natural substances used to stimulate the body's self-healing abilities.

LABORATORY TESTS

Using targeted laboratory testing allows the NDs an in-depth insight into what biochemical mechanisms may be causing symptoms. This includes conventional blood testing as well as specialized lab tests that are more comprehensive (IgG Food Sensitivity Testing, DUTCH test, Salivary Hormone Testing, and more).