



## NSIPM & Sano Wellness Center

### Client's Dilemma: To Not Be Harmed v. To Find Healing

A medical doctor's first priority is to do no harm. A naturopathic doctor's first priority is to trust that the body can heal itself. Both are expensive. **But where do you want to put your hard-earned money—to not being harmed or to trusting that your body can be healed?**

Choosing long-term healing, rather than quick fixes or masking symptoms, requires **courage and an openness** to re-conceptualize health, symptomology, and medicine. Instead of chasing and suppressing unpleasant symptoms, a naturopathic doctor takes a holistic approach to find the root cause of dysfunction. This requires not being distracted by symptoms, but instead **identifying what the body is trying to express through the symptoms**. Much like when a child cries when he is extremely tired, the body uses symptoms to express causes that cannot be verbalized or obviously traced to the root cause. Pain in the head and tingling in the feet could be symptoms of the same root cause. A medical doctor might order tests on the head and feet and prescribe medications to suppress the unpleasant symptoms, while a naturopathic doctor might focus on the functioning of larger systems in the body and recommend nutrition changes and natural resources, such as an organic liquid multivitamin and organic plant supplements. These natural resources are geared toward healing areas of dysfunction in order to extinguish the body's need to express the symptoms, rather than suppressing the unpleasant symptoms. In this way, the child is comforted and put to bed rather than being punished for crying and kept awake.

Instead of being labeled with a diagnosis of dysfunction (e.g., migraine, allergies), the naturopathic client is given objectives of healing. The path to long-term healing and preventative care is laid out and utilizes researched and effective therapies. **Symptoms of healing gradually replace symptoms of dysfunction**. This requires the client to be open-minded and compassionate towards their body, mind, and spirit as the whole self heals. Most likely the methodologies will seem unusual, and possibly how they work will be confusing. Good! They should be, since most clients come from long backgrounds of working with medical doctors. A medical doctor may not treat general systems of the body in the absence of a diagnosed disease or disorder. For example, a naturopathic doctor will identify and support a stressed lymphatic system as a whole, while a medical doctor might identify and treat the specific part of the lymphatic system that is diagnosed with a disease. If no disease is found, then the medical doctor will likely look for other causes for the symptomology, which may result in more tests and medications. Supporting the general systems of the body as a whole helps extinguish symptoms and prevents disease. This means the client does not have to wait to meet the criteria of a diagnosis in order to receive support.

**When calculating return on investment, consider whether you want to invest in a possible short-term reduction of symptoms through medical testing and prescription medicine or possible long-term healing through healthy nutrition and natural supplements.** Are you ready to trust that your body can be healed rather than simply not harmed?

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