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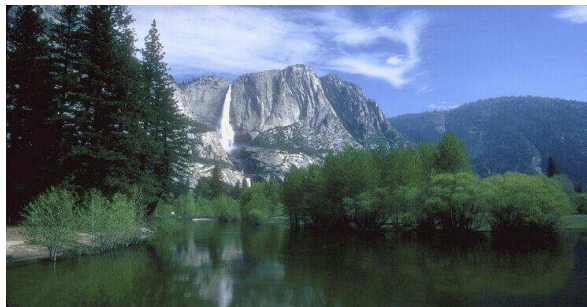
Naturopathic Health Care Solutions

Our clinic works with specific programs and strategies to facilitate high-level health and wellness.

The River of Health Program™ - Regaining your health

This program defines what you and your Naturopathic Doctor will be working on through the course of your treatment at our clinic. The different phases are an analogy of where your health is now and where you can take it to in the future. Through this program, you will learn how to identify when your health is going downstream and how to support it with various techniques to help you move upstream toward the peak of the mountain. Enjoy!

Picture a river whose source is sparkling, clean snow that forms a pristine, clear waterfall at the peak of a mountain. Over time the river picks up toxins and if not cleansed and cared for, can end up quite polluted miles downstream. Where are you on your **River of Health**™?



In the downstream, polluted part of the river, you will be experiencing many symptoms that tell us there are major underlying problems. Diseases and changes in structure and function are happening here. Medications compensate but the water is still polluted underneath. Surgery removes debris but disturbs the river's ecosystem, sometimes for good. Here, naturopathic doctors look for root causes, and treat imbalances & deficiencies with cleansing & rebuilding therapies.

At the mid-stream point of the river, you experience fewer symptoms but may feel fatigued, depressed or "stressed-out". On the surface, your health appears fine but the processes of disease and degeneration are happening beneath the water's surface. Taking care now will ensure you prevent diseases and don't float further downstream.

At the base of the mountain, physical health is better allowing you to address the underlying emotional and energetic imbalances. The river is clean and you no longer experience chronic symptoms -- now is the time to work on balancing body energy with naturopathic therapies to enable you to remain this healthy and enjoy life with full energy and vigor.

The peak of the mountain is the source of the river, where you experience optimal health and well-being to a degree you hadn't imagined possible. Naturopathic medicine enables you return to the source of optimal health through education, inspiration, coaching and celebration of your journey along the **River of Health**™.