

## Naturopathic Medicine: A Secret No Longer

If you're like most people in our community, you're probably unfamiliar with a form of medicine that, unlike conventional medicine, considers the *whole person*; focuses on the causes of illness, not just the symptoms; emphasizes prevention; and uses natural treatments that are less invasive and less expensive than drugs and surgery. It's called naturopathic medicine, and it's been around for decades.

Naturopathic Medicine Week is taking place October 10-16. The Week was created through a Congressional resolution recognizing the value of naturopathic medicine in providing "safe, effective, and affordable health care" and encouraging Americans to learn more.

You can do just that at a free [type of event] taking place [day of week, date and time] at [location]. The information offered will help you gain insight about attaining better health. Naturopathic medicine is all about stimulating the body's inherent self-healing ability. Whether you have weight management challenges, suffer from allergies or have a debilitating chronic illness like diabetes, this approach to medicine is designed to improve your health and keep you well.

A naturopathic physician will spend time with you evaluating how closely your habits align with the fundamental building blocks of health. This includes balanced nutrition, quality sleep, stress management, proper hydration, functional breathing patterns, and emotional health. Naturopathic treatments aren't hi-tech so they don't get a lot of attention. But if these basic health factors aren't addressed, chronic disease may end up compromising your health.

So, celebrate Naturopathic Medicine Week with us on [date].