

# Naturopathic Medicine:

## A gentle, whole-systems approach to health

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As a primary health care system, naturopathic medicine incorporates both the art and science of healing. The focus of naturopathic doctors (NDs) is to support our body's innate healing ability through individualized treatment with non-invasive, natural therapies.

Different types of naturopathic treatments that may be incorporated in your care include:

- Diet & lifestyle counselling
- Homeopathic medicine
- Traditional Chinese medicine
- Botanical medicine
- Hydrotherapy
- Clinical nutrition

As a structural condition, Chiari malformation can cause many symptoms impacting daily activity and quality of life. The goal of NDs treating Chiari malformation is to support healing, alleviate symptoms as well as strengthen the body, mind and spirit.

Using a variety of natural treatment approaches, your ND can support the integrity of your nervous system, reduce inflammation and regulate pain transmission to help you address some of the common symptoms associated with Chiari malformation:

- Chronic pain
- Dizziness, poor balance and coordination
- Headaches & migraines
- Muscle weakness
- Numbness and tingling
- Ringing in the ears
- Trouble sleeping



To learn more about the benefits of naturopathic medicine and the management of Chiari malformation, stay on the lookout for upcoming articles.



*Dr. Sophia Ma, ND practices in Scarborough, Ontario and is dedicated to sharing her love of naturopathic medicine through public speaking and community education programs. As a naturopathic doctor she sees patients of all ages and treats a variety of conditions ranging from arthritis and chronic pain to women's health issues and thyroid disorders.*