

Naturopathic Women's HealthCare

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Appointment date and time: _____

Initial Consultation

- ❖ 90 minute consultation includes: thorough intake of current health concerns, past medical history, family history and risk factors for illness, physical examination when indicated, naturopathic interpretation, and comprehensive, individualized plan. At Naturopathic Women's HealthCare, we believe that all women deserve to have their health concerns heard by a knowledgeable practitioner. Taking the time to hear the story of each individual client, naturopathic physicians truly are the "doctors that listen."

Sample Naturopathic Plan

A personalized plan may contain elements of the following:

- ❖ Nutrition – Hippocrates said "let your food be your medicine." Therapeutic nutrition is at the foundation of the naturopathic treatment plan, providing a blueprint for the nourishment needed to maintain strong, healthy bodies.
- ❖ Botanical Medicine – medicinal plants have been used in healing traditions from around the world for millennia. Naturopathic Women's HealthCare combines the traditional wisdom of herbal medicine with a skilled awareness of herb-drug interactions, so they may be used in the safest manner possible.
- ❖ Homeopathy – a system of medicine over 200 years old, homeopathy is based on the principle that "like cures like," and uses extremely safe, non-invasive, minute doses of substances to bring about balance and relieve symptoms.
- ❖ Hydrotherapy – based on therapies of European Nature Cure, water is a primary source of healing in addition to fresh air, sunlight and nourishing foods. A variety of home treatments may be recommended and complete hydrotherapy treatments are also offered in the clinical setting.
- ❖ Biotherapeutic Drainage – typically recommended as a series of three combination homeopathic formulas to be taken daily, this effective system of healing draws on principles of homeopathy, Anthroposophy and traditional Chinese medicine.
- ❖ Basic Treatment Guidelines – incorporate various aspects of a good self-care regimen focused on optimizing digestion and elimination, reestablishing healthy routines and rhythms, improving sleep and relaxation techniques to better handle stress.
- ❖ Laboratory Evaluation – to properly understand and address the cause of imbalance, laboratory evaluation may be needed. Naturopathic Women's HealthCare works with the University of Michigan MLab system, as well as independent labs DiagnosTechs and US Biotech.