

TOP 5 THINGS YOU NEED TO KNOW ABOUT

Naturopathic Care

What does a Naturopath Do? And how can we help YOU?



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Welcome:

I'm Tammy Gray, a Board Certified Complementary & Alternative Health Practitioner, and a Naturopathic Doctor and I help transform men and women from feeling worn out and exhausted to vibrant and healthy, living the best life possible with simple step-by-step strategies to get well.

I'll show you what you need to know about Naturopathic Care.

I believe that there is **HOPE**.

I believe there is an answer for why you don't feel well. It just takes the right person, at the right time, in the right moment to open the doors of wellness for you.

Do you want to live a more natural lifestyle?

Are you weary from going to your Medical Doctor with no results?

Do you wish to know how to help yourself naturally?

Have you spent large amounts of money with zero results?

Is anybody listening to how you feel?

You don't feel good; your pain and inflammation is getting worse. Your stomach is bloated and you have really bad gas and acid reflux.

You are overweight and tired. Your hair is falling out, your eyebrows are gone and you just can't lose a single pound.

The doctor tells you your blood work is in the "normal" range however, you still don't feel good.

The doctor keeps increasing your thyroid medication, pain medication, depression medication and acid reflux medication...you have had enough!





You are not alone on this journey, especially if you relate to these...

- ◉ You really want to make healthy changes so you can feel better.
- ◉ No one else seems to care or know how to help you.
- ◉ You are exhausted from trying to figure out what is wrong with you.
- ◉ You feel overwhelmed with your day-to-day duties. How can you add in wellness?
- ◉ If you add one more thing to your to-do list, you're going to go crazy!
- ◉ You are unsure of who to see, a chiropractor, a health coach, or a dietitian?

What's worse is that your health is suffering.

You feel terrible and have zero energy.

Your hormones are seriously out of whack, and you have tried everything to get your body back to balance.

You feel like you just can't get out of bed because you're so exhausted.

You really have no clue on how to help yourself naturally but want to learn.

How do I know all of this?

Because, I was right where you are.

My Story

Several years ago, I wanted to find out why I didn't feel good. I had no energy, my joints hurt, I had gained a ton of weight, I was living off of coffee to stay awake during the day, my marriage was in trouble, my back hurt, my knees hurt, I couldn't exercise without pain, and the only water I drank was when I brushed my teeth!

I saw several doctors over the next few years. Some sent me to psychiatrists to tell me I was depressed (I was not depressed and I told them this.) They prescribed medication which made me feel numb and now I had no emotions at all.

Some sent me to specialists for surgery. Joint pain was inflammation and they now would operate to get rid of inflammation. (Why was the inflammation there? No one could tell me) Others decided to take out organs to get rid of "malfunction" (but no one told me how to cope without these organs that God designed us to have). I wanted answers!

From a very young age I was fascinated by natural alternatives, along with a deep thirst for knowledge.

I never resonated with the "pill" that magically fixes everything. There was a point in my life where I found myself spending far too much time researching the latest and greatest fads and health craze; only to realize that it all boiled down to just a few important things.

We need to support the body with nutrition, herbs, botanicals, homeopathics, essential oils and detox harmful toxins both from our bodies, and our homes. It takes small, consistent steps to make huge changes in our health. If we feed and support the body, and give it what it truly needs, our body will return to balance. This is how God designed us.

There was no one to guide me and show me what to do. I slowly started to get dangerous chemicals and toxins out of my home, trying to do the best for my family and myself.



My Solution??

I now wanted to become a Naturopathic Doctor to help others that were in the same situation.

- Those people who knew they had to make a health and lifestyle change, but they had no idea where to start.

I was drawn to the trinity of Mind, Body, and Spirit all working together. This led me to Trinity School of Natural Health, where I graduated as a Naturopathic Doctor.

I then went on to become a Board Certified Complementary & Alternative Health Practitioner, using MANY different modalities to achieve results.

I discovered I had Lyme disease, Toxoplasmosis, Epstein Barr, Had several other chronic infections that were causing major problems in my body, and we hadn't even started to work on the EMOTIONAL side of all of this! No one in my journey, ever told me how to check for any of these things that were causing so many problems. It took me several years to overcome these issues, and I continue to work on things daily.

Now, I help busy men and women overcome chronic health issues like Fibromyalgia, Lymes Disease, PMS, Digestive Issues, Anxiety, Depression, AutoImmune, just by changing what they are eating, what they are taking, and how they view their busy, stressful lives.

Why do I LOVE this?

Because I get to help busy people feel better every day!

And I am ready to help YOU!

What is Naturopathic Care?

1. VISITING YOUR FAMILY MEDICAL DOCTOR IS NOT the same as seeing a Naturopathic doctor (ND).

The modern medical models of care that MDs and NDs use to treat their patients can be very different.

MDs tend to focus on **reactive** healthcare; utilizing pharmaceutical prescriptions or surgeries when appropriate. Reactive healthcare is imperative in emergent, life threatening or severe physical injuries or poisonings. We need Medical doctors for this type of care.

However this type of medicine supports our current healthcare system and puts a massive burden on our hospitals and emergency departments.

Naturopathic doctors (NDs) on the other hand specialize in **preventative** health care, chronic disease management and optimal living strategies.

We are detectives for your health, combining your history, symptoms and physical examinations to understand the patterns of imbalance. Modern medical care models can no longer safely suppress symptoms, NDs can provide empowering lifestyle changes to reverse the cause of distress and improve quality of life.

We give patients back their autonomy and responsibility for their health. This is challenging for NDs. Lifestyle changes take time and effort. Unfortunately, many people are not ready for this.

2. What is Naturopathic Medicine?

Naturopathic medicine is the merging of Western science with Eastern traditional philosophies to promote healing of the whole person (mentally, emotionally, physically and spiritually) from the root of the issue.

Naturopathic medicine supports the body to heal itself, not suppress symptoms. The body is capable of healing itself given the proper support and removing the obstacles to heal. Naturopathic doctors call this the body's innate ability to cure and maintain homeostasis (balance).

Here is the foundation for the 6 Naturopathic principles:

1. **First to do no harm** – Minimizing risks of harmful side effects and using the least force necessary while respecting the individual's self-healing process.

2. **Identify and treat the cause** – Rather than merely eliminating or suppressing symptoms, NDs seek to identify and treat the causes of illness.
3. **Doctor as teacher** – Clients are encouraged to take responsibility for their own optimal health through knowledge and empowerment.
4. **Treat the whole person** – A person's health status must address his or her physical, mental, emotional, genetic, environmental and social support to truly understand all contributing factors.
5. **Emphasize prevention** – Preventative health is the only sustainable health model. NDs are leaders in prevention of disease by assessing risk factors, heredity and susceptibility to illness.
6. **Supporting the healing power of the body** – NDs recognize an order and intelligence to the self-healing process and inherent to every living creature, whether or not you believe in a spirit or energy force.

Our bodies are complex. Our physical, emotional and mental well-being are interconnected with our internal and external environment. We cannot compartmentalize ourselves into symptoms. We are affected by everything we consume, interact with and experience. Energy and the conversion into various forms of energy is the foundation of science.

3. Naturopathic care is founded upon medical sciences.

NDs take great pride in studying and applying the science of natural remedies to heal the body:

- Physiology
- Anatomy
- Microbiology and Immunology
- Biochemistry
- Genetics
- Dietary nutrition and supplementation
- Lifestyle counseling (exercise, stress management, new habit formations)
- Botanical medicine
- Homeopathy
- Health psychology
- Physical manipulation
- Traditional Chinese Medicine

With all of our tools, most Naturopathic doctors will tell you there is nothing more valuable than having someone **listen** to you with an empathetic ear and give you actionable and practical health advice to build into your daily life. Nowhere else can you find an evidence-based practitioner with extensive safe and effective tools who practice



patient-focused healthcare. Naturopathic doctors pride themselves on their high standards of client quality care, medical responsibilities and ethical conduct.

4. Who are Naturopathic Doctors?

NDs are effective at what they do, remember that they are not primary care physicians.

Because Naturopathic doctors work synergistically with MDs, I don't encourage an either/or approach. Our skills complement each other. Having both an ND and an MD who can work together to provide holistic medical health care is ideal.

NDs have different styles of practice. If you have previously consulted with one whom you didn't have a good fit, that doesn't mean you cannot find one that does. We are not all the same, just like our clients are not the same.

Try a complimentary 30-minute consultation to ensure the right fit. Having mutual respect and trust is important to foster a healthy relationship.

5. What Can I Expect From an Initial Visit?

Duration: Initial visits range from 60-90 minutes depending on the client and the type of concerns.

Intake: Naturopathic doctors are unique in our intake assessments. We are detectives, thorough in our approach to seeking the root of your imbalance, illness or medical condition. Be prepared to be asked a wide range of questions that you may or may not think are relevant to your case. At any time, you can choose not to answer the questions, but it is in your best interest to be as thorough and honest.

Treatments: Depending on your concerns, in-office treatments may be performed at your first visit (ie. supplements, botanicals, homeopathics, diet recommendations). In some unique cases, we may not suggest anything if not enough information is gathered or if there is a more serious underlying condition that requires further investigation.

Pharmaceutical drugs: It is standard practice that the medical doctor who has initially prescribed your medications is the one that should be monitoring and making any alterations to that prescription. If you would like to have your medication dosages changed, work with the medical doctor who has prescribed your medications and monitor your progress.



Expected number of visits: The number of visits to expect varies depending on the person and condition. Naturopathic medicine is not about “quick fixes” or suppressive treatments. Healing from the root of the cause takes more time and effort than conventional modern medical models of care, however it is sustainable and preventative for future ailments.

It’s often estimated that for every year you’ve had a condition or symptom, it will take approximately 1 month to reverse. For example, someone suffering from headaches for 5 years may take 5 months to clear. However, sometimes the correct diet and lifestyle change can remove a symptom almost immediately. Always stick to your treatment protocol for at least 1 month before deciding if it is helping or not.

Timing: It is common courtesy to show up for your visit on-time (or early). If you arrive late, your appointment may be cut short and it may make the next appointment tardy as well. Please understand that we may run late from time-to-time as unexpected things may have happened with a previous client.

Intake forms: Make sure to fill them out before coming to your appointment or arrive at least 15 minutes early to fill them out. These forms are often very thorough and much longer than an average medical form.

Diet and lifestyle diary: Your ND may ask you to track your diet for 1 week after your first visit, however if you can do this ahead of time, you will save yourself and your doctor time. Diet is a major contributor of health and disease. Knowing what you are eating and how it affects your body, mind and energy can be life changing.

Supplements and medications: If you are currently taking any supplements or medication, bring them in with you to your first visit and ensure you have the correct dosages and duration for taking each. If you’ve taken any medication in the past for a significant amount of time, it is also important to list what it was, the dose and when you were on it.

Medical history: Past and current family and personal history will be important to note in your intake forms or during your visit. Look at this information before your first appointment.

List of your concerns and conditions: If you have many concerns and conditions, it’s important to note them especially if poor memory or dementia is a complaint. Past conditions and their timeline are also important to note along with the types of treatments tried (successful and not helpful).

Insurance coverage: Some companies specifically allocate health insurance for ND’s while others give a broad “alternative” or “complementary” health category. If you are at all



unsure, call up your insurance company and ask. Additionally, ask if a health savings account can be used for your visit.

It's important to enter your ND appointment with an open mind. Many clients have seen multiple practitioners without success. Naturopathic doctors are different. We are evidence-based with extensive safe and effective tools who practice Client Focused Health Care. We have a holistic approach and **empower** our clients to **take back control of their health**. Your health is a process and a journey. It requires your time and effort to get the greatest results for preventative medicine. You are worth the time, energy and commitment. However, make sure you are **ready for the commitment** and willing to put the time and effort it takes to heal your body!

So What's Next?

I've just shared some simple yet tremendously powerful tips with you. Many of us are conditioned to put off taking care of ourselves. I want to commend you for taking the time to read this report and for prioritizing your health and well-being. There is nothing more important for optimizing your quality of life.

Here's what NOT do to— Leave this report and go back to your normal routine without taking action and instilling some new behaviors. I know how easy it is to file all of this away as useful information without actually “doing” anything about it. Transformation comes through action. Along these lines, I'd like to invite you to take 2 simple steps right now:

Like my Facebook Page where I share a lot of great health and wellness tips. This way, you can stay in touch and I can continue to support you with daily inspiration on Facebook.

<https://www.facebook.com/NaturallyRenewU/>

Schedule a FREE 30-minute Connection Call phone consultation to discuss your unique situation and determine how Naturally Renew U LLC can help you reach your personal goals. We are here to create a supportive environment while we explore what really works for you to get well!

<https://www.naturallyrenewu.com/>

I'm just a few clicks away, I'd Love to Hear from You!

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Navigating out of the Shadows of Stress, Anxiety and Depression

Stress

There is a physiological process, but what is your belief system?
Nothing is anything until you make it something. – T Harv Eker

How do you get out of the Overload Ditch? (by June Hunt)

Slow

Slow down and make the necessary changes for good physical health.
-do you eat a balanced and healthy diet?

“In vain you rise early and stay up late, toiling for food to eat- for he grants sleep to those he loves”. Psalm 127:2

Slow down and nourish your spiritual life.

-remind yourself daily to “be still, and know that (He is) God” – Psalm 46:10

Stop

Stop and look at the real reason you are experiencing stress.
Do you try to meet your own needs instead of waiting on the Lord?

“Obviously, I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.” -Galatians 1:10

Yield

Yield to God’s sovereign control over your circumstances.

Yield to God your rights and expectations.

“Trust in the Lord with all your heart and lean not on your own understanding”
Proverbs 3:5

Resume Speed

Resume, living in the presence of God.

“My soul finds rest in God alone: my salvation comes from him.” Psalm 62:1

On your journey through life, don’t miss the SIGNS God has for you. When stress is signaling possible
burnout...

Slow Down and turn from danger...
Stop and ask for directions- God’s
Yield the drivers’ seat to Christ...
Resume Speed, trusting the Lord.

“Come to me, all who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28-30

Anxiety/Worry

What other people think of me, is none of my business.

Anxiety is an overwhelming response of our body’s functions, that is stimulated by the nervous system with control in the brain.

Emotions are literally part of our diagnostic paradigm. We look to emotions, that have not been dealt with and they become pathological factors in their disease process.

“That is why I tell you not to worry about everyday life-whether you have enough food and drink or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for our heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don’t worry about these things, saying, What will we eat? What will we drink? What will we wear? 34- So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

(Matthew 6:25-31, 34)

“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7

Depression

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again- My savior and my God.” Psalm 42:5

What Can Help Defeat Depression? (by June Hunt)

Allow the light of God’s love to permeate your “ditch of darkness” and guide you to the Road to Transformation. Here are the steps you can take to C-O-N-Q-U-E-R depression:

C Confront any loss in your life, allowing yourself to grieve and be healed.

“(There is) a time to weep and a time to laugh, a time to mourn and a time to dance” (Ecclesiastes 3:4)

O Offer your heart to God for cleansing and confess your sins.

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness”

(1 John 1:8-9)

N Nurture thoughts that focus on God's great love for you.

"I have loved you with an everlasting love; I have drawn you with loving-kindness"
(Jeremiah 31:3)

Q Quit negative thinking and negative self-talk.

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy- think about such things"
(Philippians 4:8)

U Understand God's eternal purpose for allowing personal loss and heartache.

"We know that in all things God works for the good of those who love him, who have been called according to his purpose"
(Romans 8:28)

E Exchange your hurt and anger for thanksgiving and give thanks even when you don't feel thankful.

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus"
(1 Thessalonians 5:18)

R Remember that God is sovereign over your life and He promises hope for your future.

"For you have been my hope, O Sovereign Lord, my confidence since my youth"
(Psalm 71:5)

***** We may never understand it all, but we can know this:**

**"Though he brings grief, he also shows compassion because of the greatness of his unfailing love. For he does not enjoy hurting people or causing them sorrow."
Lamentations 3: 32-33**

Info taken from The Bible, Naturally Renew U LLC, Academy Epic, Dr. Lisa Holt, and
Many excerpts were taken from the Counseling through your Bible Handbook- by June Hunt

Thank you.

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