

PRINCIPLES OF NATUROPATHIC MEDICINE

- Do no harm:

Illness is a purposeful process of the organism. The process of healing includes the generation of symptoms which are, in fact, an expression of the life force attempting to heal itself. Therapeutic actions should be complementary to and synergistic with this healing process. The physician's actions support the healing power of Nature.

- The healing power of nature:

The body has an inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force.

- Identify and treat the cause:

Illness does not occur without cause. Underlying causes of disease must be discovered and removed or treated before a person can recover completely from illness. Symptoms express the body's attempt to heal, but are not the cause of disease.

- Heal the whole person:

Health and disease are conditions of the whole organism- the harmonious functioning of physical, mental, emotional, and spiritual aspects are essential to recovery from and prevention of disease.

- The physician as teacher:

The physician is a catalyst for healthful change, empowering and motivating the patient to assume responsibility. It is the patient who ultimately creates/ accomplishes healing.

- Prevention:

The ultimate goal of any health care system should be prevention of disease. This is accomplished through education and promotion of life-habits that create good health.



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Family Practice
Herbal Medicine
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WHAT IS A NATUROPATHIC PHYSICIAN?

A Naturopathic Physician (ND) is a doctor who treats with herbs, vitamins and other minerals. NDs may also prescribe medications. An ND graduates from an accredited Naturopathic Medical School and must pass over 200 credit hours in the clinical sciences of anatomy, physiology, biochemistry, pharmacology, immunology, and other classes. Naturopathic physicians must have two years of clinical supervised experience. There they need to have treated over 100 patients before they are eligible to sit for board exams. Board exams are given upon the completion of two years of post-graduate study and again at four years. After passing all exams a student becomes a licensed naturopaths doctor. To maintain licenser an ND must complete 23 hours of continuing education each year.

TREATING WITH HERBS?

Your visit may include a herbal prescription. Herbal medicine is a safe way to treat many health conditions. Most herbs are safe if they are produced by a reputable herbal company. However, not all herbs are created equal and they can react with prescription medications you are currently taking. For this reason it is important to ask your doctor before taking herbs. Dr. Olaf can help you identify which herbs are safe for you.

DR. OLAF

Dr. Olaf has been in practice as a Naturopathic Physician for 14 years and licensed in the state of Washington. She is a graduate of Bastyr University in Seattle, WA as well as the University of Montana (B.S. in Science and Education). More recently, she became IV Certified, enabling her to practice IV Therapy. She is a frequent lecturer for continuing education courses, MOPS, and health food stores.



Dr. Olaf treats patients with:

- *Allergies, eczema, asthma (NAET)
- *Pediatric complanits of chronic ear infections, rhinitis and gastritis
- *Colitis, diverticulitis
- *Arthritis
- *Anxiety and depression
- *Menopause and PMS
- *BioIdentical Hormone Replacement
- *Drug, alcohol and food detox



When you visit Dr. Olaf's office you will be asked questions regarding your health before an herbal prescription is made. Your first office could take between 20 and 60 minutes depending on your health concerns.



Dr. Olaf is a credentialed provider with many insurance companies. Please inquire about your individual coverage.