



Restorative Naturopathy



Handbook

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Dr Heather:

- Evaluates the areas that need to be strengthened
- Formulates a plan that fits your specific needs
- Monitors results while providing therapeutic bioenergetic and nutritional therapies to support your continued wellbeing

Within the pages of this booklet, you will gain new perspective regarding the process of disorder, the road to healing, and become familiar with the thorough evaluation methods unique to this practice.

- Most of the development of disease is avoidable by the anti-aging, anti-cancer, and anti-inflammatory powerhouses in your body.
- Your innate intelligence holds the potential to heal. Finding a professional with the tools, techniques and support unique to your needs is the key to unlocking that healing potential.
- Cellular communication with the building blocks of nutrition is where you will find success.
- Your imagination is your preview of life's coming attractions. Envision your life as you want it and in perfect health! This visualization will propel your path to healing. Let's get started!

My goal is to help you avoid unnecessary allopathic treatment and obtain sustainable health!

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PHILOSOPHY OF PRACTICE

- The healing power of nature — trust in the body's inherent wisdom to heal itself.
- Identify and treat the causes — look beyond the symptoms to the underlying causes.
- First, do no harm — utilize the most natural, least invasive and least toxic therapies for true and lasting change
- Doctor as teacher — patient is educated in the steps to achieving and maintaining health.

In practice since 2008 specializing in stress reduction with biofeedback therapies and studying with professionals in the fields of neuroendocrinology, then Functional Medicine, I enjoy the art of bio-individuality. I am a nationally certified traditional Naturopath with my doctorate in Alternative Medicine.

You can expect both therapies and the use of nutrition, herbal, enzymatic, and homeopathics to be part of the action plan. Your needs are based on a combination of questionnaires and health history forms as well as unique in-office (or at times in-home) testing and lab work, pulling both subjective and objective information together. I am passionate about assisting you in recovery from illness and injuries as well as any chronic conditions.

You can expect subsequent sessions to include guidance in diet and lifestyle modifications for your current situation and along the way, adjusting as necessary. If you follow through with the support offered, we'll review things that are a cause of disease such as avoid/EMF Pollution that may be negativity impacting your health as well as other practical applications of care. These include how to increase digestion, immunity, and vitality through regular detoxification of the body. To maintain optimal health, wellness plan are formed to fit your needs and budget.

Terminology

Some people are familiar with the terms used in alternative medicine and have a generalized understanding of the meanings. However, I would like to bring more clarity to the following terms found in italics below.

Integrative ways of practicing health includes today's science along with tradition. *Holistic*, a morphological spin from the word "whole", pertaining to healthcare; "whole-health". This whole-health approach is predominantly found in alternative medicine as allopathy focuses on specialization in specific fields of study.

To be continued



Terminology continued

Indigenous medicine includes native cultural traditions. Natives were wisdom keepers. Oral tradition passed on what worked through the generation. We can look to the past for what is relevant today, as some healthy habits never should have been lost, disregarded or diminished in significance.

Vitalistic medicine stems from traditional naturopathic principles where the belief is that the body possess an innate intelligence and has the ability to heal, given the conditions to support it.

Homeopathic medicine is often confused with naturopathic medicine and used interchangeably. However, homeopathy is a very specific application of low dose substances primarily based on the law of *like cures like*.

WHAT IS YOUR BODY TELLING YOU?

Symptoms like pain, anxiety, and heartburn are signals your body produces to communicate a problem. It is best to treat ailments naturally in the early stages rather than to await more severe conditions. Most minor symptoms are a cry from within, signaling toxic overload, imbalance, or a need for proper nutrition. You will be evaluated by various means of analysis depending on condition.

DEFINITION: Allopathy—

Root word of Greek origin “allos” meaning “other” or Latin; “alius: “else”.

Encountered in Western Medical care, otherwise known as ordinary, orthodox medicine.

A system of treatment that induces a condition different from, or opposed to the symptoms.

Our allopathic medical model in the US views health and disease very differently from alternative/holistic health practice. To compare viewpoints side by side, refer to Page 25. Restorative Naturopathy serves both the pronounced disorders (severe and chronic) as well as preventive care. Rather than awaiting the disease and having it formally diagnosed when it becomes medically possible to do so, addressing disorder based upon the extensive evaluations and testing methods I am trained in is what makes my practice unique. There are several therapy options to enhance your

treatment plan and accelerate the rate of the results you receive, no matter what phase of the disease process.

Biofeedback therapies are almost always incorporated into the plan. This is due to the ability to monitor progress within the energy body where disorder first begins. Additionally, the biofeedback scan points out the areas of imbalance and vibrationally harmonizes them with microcurrent. Biofeedback is both a screening for imbalance and a therapy.

PARTICIPATION

Rather than referring using the terms "clients" or "patients" to describe those I work with, I prefer to view you as participants. This perspective underscores the essential partnership needed to achieve the best results. Please turn to page 8 to start contemplating your expectations for our collaborative relationship.

Shifting from the role of a "patient" to that of a "participant" requires a proactive approach. Rather than passively relying on your healthcare provider, you are encouraged to take a more engaged stance. This entails paying closer attention to cause and effect, acquiring useful tools, and enhancing your ability to attune to your body's signals. As you undertake this journey, you'll enhance your relationship with yourself, fostering trust in your own abilities and your body's capacity to communicate its needs and receive the necessary care, thus expediting the healing process.

This heightened self-awareness will also enable you to provide more precise insights into your experiences, often leading to improved outcomes because we can piece together the puzzle more efficiently. It all begins with a comprehensive intake form, Symptom Survey, discussions about your health history, and contextualizing your story with the objective findings obtained through testing.

Over time, you will become your foremost expert on your body and its requirements, which is one of my key objectives for you.

My Mission:

To transform healthcare into a source of reliable, comprehensive, and sound means of treatment rather than disease management.

For this reason I develop personalized wellness plans for each participant!

STRESS

Common signs of stress include anxiety, depression, moodiness, false sense of self, fatigue, sleeping problems, poor memory or attention span, high blood pressure, shortness of breath, racing heart... just to name a few.

*Stress creates imbalance.
Imbalances create disease.*

Eliminating stress by correcting destructive patterns, whether that be habits or otherwise, allows the body to repair. As mentioned previously, there are several therapies that accelerate your healing process. An important factor to managing stress is having a professional to talk to that understands. Much like counseling for mental health purposes, your physical health requires the same attention. You have the option to wrap up your therapy place all in one.

Let's take a look at some stressors that may be a contributing factor in your quality of life and health.

STRESS IS ACCOUNTABLE FOR 90% OF ALL DISEASE

STRESSORS

Below is a list of what causes stress (stressors). Stress may result from a large number of factors including but not limited to:

Chemicals such as cleaning agents, fungicides, growth hormones, herbicides, insecticides, and all synthetic chemicals attack the immune system, impair breathing, oxygen and nutrient absorption, reduce the ability of the body to the escort toxic waste, and raise the acidity of the bodily cells, thereby causing stress.

Dehydration caused by lack of water intake, excessive sweating, diarrhea or drinking too much coffee or carbonated soft drinks and eating too much junk food all impair the ability of the body to absorb nutrients and oxygen on a cellular level, thereby causing stress.

Emotional issues, whether resolved, unresolved, or being resolved, have all been shown to be a major cause of stress.

- relationship stress
- low self-esteem
- depression and other psychological conditions
- emotional shock/trauma

Fungi and fungal infections, whether ingested or inhaled are harmful to all life. The byproducts of fungi are toxic to living organisms, thereby causing stress and myriad physiological and medical conditions.

Genetically altered foods are known to cause asthma, attention/concentration problems, balance, behavioral, digestive problems, libido issues, memory, metabolic, perceptual problems, sexual and cognitive disorders.

Heavy metals including arsenic, mercury and lead among others impair many functions of the body including the immune system and are known to cause brain diseases.

Irradiated of foods have shown to reduce the life force and greatly diminish the nutritional value of food. By law all food entering the USA must be irradiated "for the public good", thereby causing stress from radiation much more powerful than radiation therapy for cancer patients!

Microwave radiation from cell phones, microwave ovens, portable radios and telephones, televisions sets and other sources are known stressors with varying effects upon people for reasons currently under investigation.

Nutritional deficiencies, whether caused by disease, disorders, poor nutrition or poor absorption of nutrients are known causes of stress.

Overwork or lack of sleep

Pathogens such as bacteria, viruses, fungus, molds and parasites can cause stress if the body is not able to destroy and eliminate regularly. Those that had chronic bacterial infections as children are known to have a much higher risk of heart disease as adults.

Poor diet including partially hydrogenated fats, trans fats, artificial coloring, taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweeteners, and preservatives are all harmful to the human organism, causing metabolic

Poor diet including partially hydrogenated fats, trans fats, artificial coloring, taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweeteners, and preservatives are all harmful to the human organism, causing metabolic error therefore autoimmune diseases and cancer.

Poor immune function caused by a combination of the above cause further stress to the body and eventually creates disease.

Prescription drugs and other synthetic or toxic chemicals are implicated in every physical and mental disease, disorder or condition known to science, thereby causing stress.

CAUSES OF DISORDER

There are many points of view regarding the cause of disease — PH imbalance, toxins, pathogens, deficiencies, injuries, stress, and genetic constitution. All, in fact, are factors; no one single problem is the one and only cause. The common denominator in the cause of disease is unhealthy blood or unclean blood with the exception of injuries and genetic constitution.

STRESS → WEAKENED CONSTITUTION → TOXIC BUILDUP + INABILITY TO DETOX = DISEASE

The above trajectory demonstrates the first stage in the change of the internal environment (Bio-terrain). Stress, whether a result from physical trauma, emotional or mental strain, or environmental toxins and pathogens (according to Quantum Biology) is the first step toward disorder, or the disease process. By negatively affecting the Bio-terrain on a cellular level, the constitution is weakened, allowing toxic buildup and an inability to fight pathogens, resulting in unclean blood. Chinese Medicine attributes blockages within the energy fields to be the cause of disorder. Modern medicine (Quantum Biology) is now scientifically validating Chinese wisdom. In my opinion, the cause of disorder differs from person to person, depending on a combination of differentiating factors. This handbook will help you understand how **extensive and individualized my evaluations are**. While the full value of these evaluations are rarely understood immediately, my hope is the Report of Findings (following your testing/consultation) will assist you in fulfilling your health goals by providing you with the information and outline of your treatment plan.

The body is designed to resist disease and recover from illness and has the amazing ability to do so. However, the majority of the general public is so encumbered with day-to-day stresses, they lack the time or energy to pay attention to the minute signals of disorder within. The imbalance or pathogens then grow stronger, and only when symptoms become unbearable is one then forced to seek treatment. Family plans are a good way to circumvent this above described scenario. One of the principles of Naturopathic Medicine is *prevention*.

Specializing In:

- Stress and toxic overload
- Pathogenic detoxification
- Metabolic Balance
- Pain (emotional or physical)
- Injury/Surgery Recovery
- Digestive Support
- Children's Health
- Individualized Protocols

The #1

damaging biological impact is tissue acidosis.... is this affecting you?

Mineral depletion leads to a failure of the body's homeostatic mechanism to buffer acids effectively

Tissue acidity leads to degenerative disorders

We assess the pH of the extracellular and intracellular fluids via Dark Field Microscopy

LIVE BLOOD ANALYSIS



Health at the cellular level is health within the tissues and organs. My method is to look at where the breakdown is happening. Ask better questions... digging deeper. This form of medical care is what creates true and lasting change for people.

There are some affordable tests that tell us years in advance, before symptoms appear, about the state of our cellular health.



Over the age of 30, our production of important metabolic enzymes declines at a rate of about 10% per year. The Chinese were perpetually on a quest for the elixir of youth. They were intuitively onto the fact that we need nourished, we need customized herbal adaptogens, and we need to support detoxification.



EVALUATIONS

If you are local and having in-session appointments, one valuable asset is the Live Blood Analysis and the ability to do a multitude of in-house tests.

Virtually, evaluations are based on labs and symptomology. Gathering biochemical and physiological data can be done before you begin the consultation process. You may request a Hair Tissue Mineral Analysis and/or Organic Acids test kit and schedule your appointment out accordingly.

The ratio of minerals remaining in hair tells us about metabolism and presence of heavy metals.

Organic Acids are biomarkers of enzyme activity in the body. Enzyme inhibition is a result of toxic metabolites (either produced by the gut microbiome imbalance, having poor digestive capacity or by toxic overload).

These functional tests provide a depth of understanding into your bio-individuality for personalized medicine.

Promoting Healing

Healing is to give the body what it needs to eliminate toxins, rebuild, and avoid toxic accumulation in the future.

Nourishing as well as cleansing the body is critical to restoring health.

See the cleansing process [The Challenge](#) - an outline of full body detoxes, diet plan, and recipes within my book (see pg. 15)

Also read [Healing Response](#). found on page 26

YOUR CARE

In consulting with me, you will be provided with the tools and support to successfully master the protocols given.

Restorative Naturopathy places much value on biochemical individuality. Testing provides valuable information regarding the way your body processes food, what is agreeable or not with your system, nutrients you are not getting enough of, and what you have an excess of. A report is provided as a tool for you to take greater control of your health! It also reveals the foundational status of metabolism to your practitioner so specific supplementation can be accurately recommended.

TIME TO Detox?

Do you have two or more of these symptoms?

- Low energy levels
- Recurring headaches
- Digestive disorders/discomfort
- Irritability/moodiness
- Frequent colds, or acute illnesses more than once a year
- Chronic constipation
- Irritable Bowl Syndrome (IBS)
- Hemorrhoids
- Bad breath
- Protruding belly
- Flatulence (gas and bloating)
- Skin problems, rashes, etc.
- Food allergies
- Excess weight
- Powerful food cravings
- Candida infection

* Ask for [Toxicity Questionnaire](#) for self evaluation

Where I Stand & What You Want

I am prepared to devote my time and energy to develop protocols specifically for you, based upon metabolic testing and other evaluations. I personalize a Report of Findings (ROF) that serves as an outline of all recommendations and the specific dietary, detoxification and supplemental plans specific to your areas of need. Additionally, in your report I will outline different phases in your wellness plan. Long-term programs additionally provide you with periodic TLC (*Therapeutic Lifestyle Challenge*) reports to further instruct you along the way.

Thorough holistic means of healthcare determines your areas of susceptibilities/weaknesses. With your ROF, you are obtaining an understanding of your state of health or reason for the symptoms you are experiencing. The ROF provides a vision and hope in the healing process; like a roadmap to recovery.

The field of holistic medicine offers an array of ways to address health challenges. I encourage you to get clear on what you hope to achieve and the kind of care you are seeking so we can partner together most efficiently. Also, utilize the goal setting form within the program section of your portal (Welcome to Wellness)

Awareness is the key to prevention and the beginning of your journey toward optimal health.

I encourage you to consider how you would like to utilize me as a facilitator of your wellness goals. You may find an accountability partner is appealing to you and utilize therapies such as Biofeedback on a weekly or bimonthly basis. This allows for a consistent stream of the support needed to keep you on track. This has proven to be the most effective method in achieving desired results. Simply providing you with a treatment plan and leaving it up to you to contact me as needed is another option. However you prefer, you will likely be recommended supplementation along with lifestyle and dietary guidelines.

Outlined within this handbook are the therapies and means of health status findings and a summary of care. Your understanding of what is offered to you will help you feel confident in partnering up for your health's sake. It is encouraged to read and inquire further about the subsequent material provided in this handbook.



CRITICAL ISSUES LIST

WHERE ARE YOU STUCK?

RELATIONSHIPS
GUIDANCE
ASSETS
TOOLS
SKILLS
CASHFLOW
RESOURCES

WHERE HAVE YOU STOPPED IN THE PAST?

WHAT DO YOU NOT HAVE NOW THAT YOU WOULD NEED?

WHAT ARE YOUR COMPETING PRIORITIES?

WHAT KEEPS YOU UP AT NIGHT? WORRIES. FEARS. CONCERNS.

Appointments

Equip Yourself for A Distance Appointment (via phone or video call):

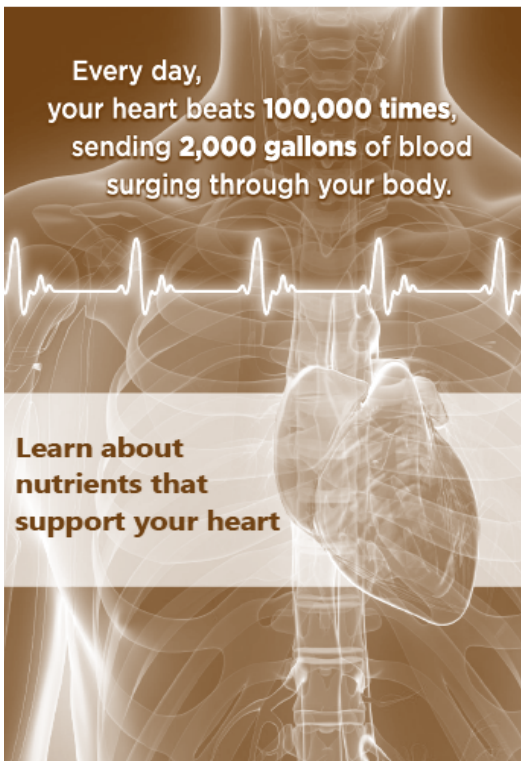
Please be situated comfortably and undisturbed.

To Equip You for Your In-Person Office Appointment:

1. Please come perfume free!
2. Be clothed for easy taking of your blood pressure.
3. Come ready to produce a urine sample.
4. It is best to have maintained a normal diet and routine up to the point of our appointment yet have had avoided strenuous exercise and meals an hour prior.

Whether in-person or via distance, It is a good idea to have supplies for note taking.

The Heart Sound Recorder (HSR) is an auscultation tool used to observe heart sounds that reflect the status of your over-all health. *You are as your heart is...*



Monitoring the RATE, TONE and RHYTHM of your heart:

The **RATE** is controlled by the nervous system. The sympathetic side manages the “flight or fight” response and the parasympathetic side is “rest and digest”. A balance in the two branches of the nervous system is needed for optimal health. Heart **TONE** reflects the strength and integrity of the ventricles. The height and width of the “lub-dub” sound graphed with the HSR shows how efficiently your heart is pushing blood through our body. The **RHYTHM** of your heart should show a specific work to rest ratio in the graph. Observations are made to see if your heart is working too hard or not efficiently enough. Specific nutrients are needed in any of the 10+ findings, if abnormal.

This a great tool to gauge overall health and one’s progress. Pass along this information about such an affordable assessment and receive \$20 off your next appointment. Use code Wellness20 when booking.

Biofeedback

BIOFEEDBACK= STRESS REDUCTION

Biofeedback is proven to be effective in reducing stress and pain. The Biofeedback device is registered with the FDA as a Class II safe, non-invasive medical device. The applied therapies stimulate your body's own healing response.

Quantum Biofeedback (QB) is a device that measures physiological and pathological responses of the body and feeds-back balancing frequencies as part of the therapy. Classical Biofeedback merely demonstrates the physiological aspects of brain waves, heart rate, skin temperature etc. Some of the medical profession has experi-

mented with guiding/training the patient to gain voluntary control during EKG or EEG testing, which classify as *classical biofeedback*. The majority of America's MD's and other health care providers understand "Biofeedback" to be in this form of guided instruction during classical biofeedback. Quantum Biofeedback differs from classical in that it can provide diverse therapy options. Each biofeedback technician/specialist practices within their scope of practice. Additionally, devices vary in capacity.

Preparing for Your Session

It is important to wear comfortable clothing, preferably natural materials. Please be prepared to take off jewelry.

Being hydrated is always ideal to maintain vitality, and also assists in the therapies effectiveness.

Frequencies, as delivered to your body during therapy sessions, need adequate cellular hydration. This is to conduct the energetic exchange to and from the Biofeedback device and your system (body).

1. Choose comfortable clothing and ideally made from natural material.
2. Hydrate with pure water but please avoid food and drink an hour prior to your appointment.

Biofeedback is generally referred to as the re-training of muscles; I like to expand that to the re-training of muscles and organ systems as well. It also works directly with the nervous system. For that reason, it is effective for the reduction of pain. The Quantum Biofeedback device used in my practice is registered with the FDA as a Class II (safe, non-invasive) medical device used for stress and pain detection and reduction. The Life System Biofeedback device is also certified in European countries as well.

Biofeedback is a valuable tool in determining various imbalances within the system and effective for obtaining balance of the mind and body (just as acupuncture works on both the physical and emotional). Quantum Biofeedback relays information of numerous quantifiable stress factors such as the function of the organs, chemical and nutrient imbalances, pathogenic proliferation, toxicity, mental and emotional stressors, spinal energy flow, etc. The practitioner then uses the information provided by the testing to administer various balancing therapies to neutralize the destructive wave patterns. Every organ, pathogen, emotion or disease resonates at a certain individual frequency. Molecules of diseased tissue have a different atomic and electromagnetic composition than healthy tissue. This frequency can be detected and addressed by QB. This is based upon decades of research conducted in the fields of radionics, physics, bio-response and bio-energetic medicine.

The science of radionics is based on the concept that all matter emits radiation; which is of course measurable. Demonstrated by classical biofeedback and the use of an oscilloscope, all frequency can be relayed as light or sound and depending on the software program, as numbers, graphs etc. The percentages provided through the QB scan are calculated based on multiple messages sent at millisecond speed, or the speed of light, and averaged, and are thus very accurate.

For more information and *Frequently Asked Questions* visit NaturopaticClinic.info

Metabolic Analysis and Nutritional Therapy (MANT)

Save Time & Money!

Metabolic Analysis and Nutritional Therapy is a way for you to gain valuable knowledge about your constitution (individual makeup) in order to make simple and appropriate changes in food and supplements.

Put your health in your hands

Do You Have:

Digestive Disturbances
Sleeping Problems
Blood Sugar Imbalances
Cravings
Allergies
Skin Conditions

Are You:

Anxious or depressed
Fatigued
Overweight
Diagnosed with any auto-immune disorder
Bothered by recurrent infections or “flare-ups”
Or just wish to monitor and maintain health...

Metabolic testing determines what foods are beneficial and those that are not for your specific metabolism! After completing an intake form and questionnaire in combination with urine and saliva analysis, several reflex tests, a series of pulses and a set of blood pressure readings in a specific order referred to as an orthostatic challenge, I obtain vital information about your metabolism then recommend specific supplements to assist the correction of the metabolic imbalances. A report is provided with descriptions of each metabolic imbalance and diagrams to better explain the effects of imbalances.

With the results, you will receive:

- A report describing the results of the questionnaire and testing procedure, descriptions of your metabolic imbalances, dominate nervous system side, oxidation status, glandular and organ function and more.
- A personalized eating plan, eating right guidelines, and supplement recommendations
- How to determine your ideal protein and fat to carbohydrate intake ratio
- An evaluation (*read and understand Informed Consent*) of **49 different chemical and clinical tests** including zinc and iodine deficiencies, calcium to phosphorus balance, and saliva and urinary pH.

With the information you will be provided with, you can alter your diet and supplementation to:

- Prevent imbalances that generate disease by gaining autonomic nervous system balance
- Slow the aging process by reversal of oxidative stress by learning how to avoid foods and high levels of nutrients that create free-radical damage within your system
- Maintain glycemic control (Hypoglycemia/Diabetes)
- Obtain optimal PH
- Maintain chemical and mineral levels

**Professional Grade
Nutritional Products – Always**

The supplements I work with are professional grade and whole food. They are also unique in an additional therapeutic way:

Protomorphology® (PMG)

The nutritional implementation of PMG's provide your body with the cellular information to repair and continue to regenerate healthy cells. Think of PMG's like DNA, secreted by every cell as the cell's blueprint, or genetic information. What is PMG therapy? It is glandular supplementation extracted from healthy animals (mostly bovine) and supplemented orally to provide your body with adjunctive support. PMG therapy is patented and works differently than other glandular products.

How PMG Therapy Works

Our cells are amazing mechanisms constantly reproducing by means of electrical impulses and possible through genetic programming. Ideally we wish to produce healthy cells for each stage of our body's regenerative process. However, without the proper fuel to feed the cells and an overwhelming amount of toxicity the regenerative process is flawed. Oxidation (damage to our cells) cannot be overridden without the support of proper nutrition and environment. PMG Therapy simply up-regulates our glands and organs ability to function the way it already knows how!

Examples of PMG therapy:

Livaplex– a combination product containing the liver PMG as well as other whole food extracts to help detox and support the liver

Neurotrophin– the PMG to repair the nervous system

Cardiotrophin—the PMG to repair the heart

The list goes on! For every gland and organ system you have support! This is an ancient practice known to most all primitive cultures around the world! You don't have to eat raw liver or heart to get the benefits— simply supplement! Protomorphology is only available through Standard Process, a professional line.

Supplementation Warning

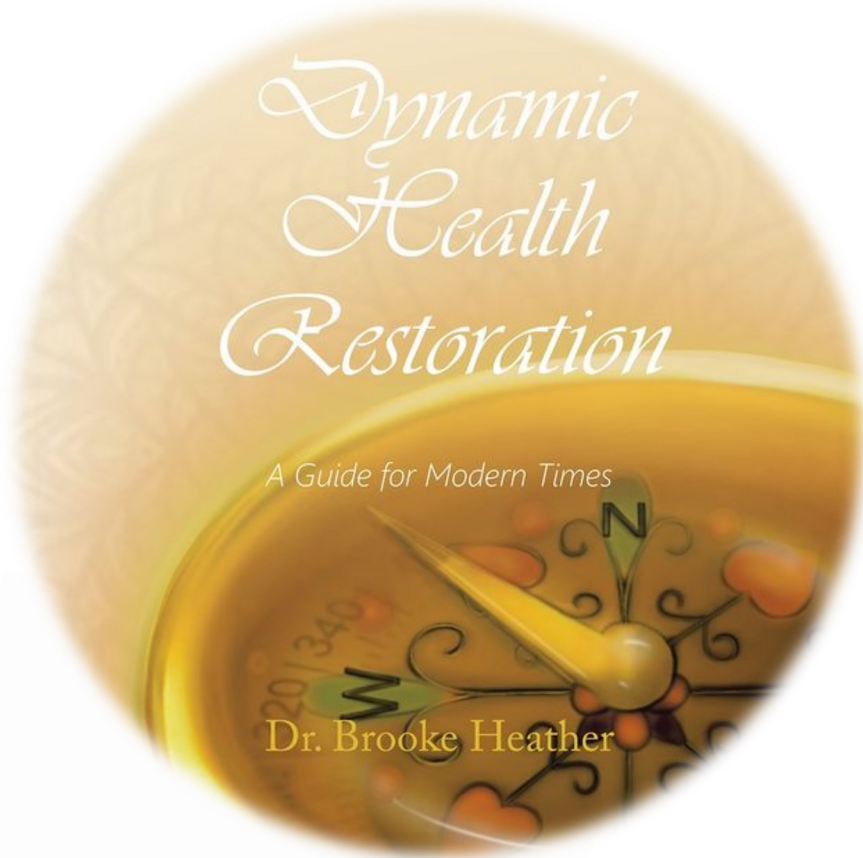
(especially if you have a glandular imbalance ~ *and who doesn't?*)

Avoid These Supplements:

- Synthetic vitamins, minerals, isolated amino acids
- All unsaturated oils: flaxseed oil, borage, beta-carotene, soybean, safflower, DHA, EPA, sometimes called EFA or omega-3 and-6 oils.
- Melatonin (raises estrogen)
- Tryptophan and 5-HTP (carcinogenic and raises serotonin)
- St. John's Wort (raises serotonin)
- Chelated minerals (with amino acids) – some of these are very toxic, especially glutamates and aspartates
- Colloidal silver (just a tad less toxic than lead)
- Colloidal minerals (most contain large amounts of toxic minerals, such as Aluminum)
- Coral calcium (an expensive form of calcium carbonate or Tums)
- Antacids (all of them) – a source of toxic aluminum, not to mention the havoc of the digestive system.
- Hydrochloric acid supplements
- Human Growth Hormone
- Testosterone, DHEA (both readily convert to estrogen)
- Estrogens (natural, synthetic - Premarin, herbal estrogens (black cohosh, sage, pennyroyal, licorice); estrogenic foods (unsaturated oils, soy products); xeno-estrogens (fluoride, pesticides).

Plants are designed to uptake the nutritional components from the ground. When we consume the plant, we get the pre-digested, more easily assimilated, synergistic nutrients. Synergistic is to work in synergy with each other, complementing one another. In the beginning stages, we do not have a “magnesium” or “vitamin B deficiency”, but a food or enzyme deficiency! However, the body became deficient in a nutrient, it is also deficient in all its counterparts! Therefore, supplementing with a chemical isolate does not create balance; only nature can do that. Our bodies are incredibly made but not designed to turn synthetic chemicals into wholesome nutrients as nature provides. In fact, the more high-dose chemical isolates ingested, the more the body is stressed to balance all the other cofactors a food would have and the body also needs.

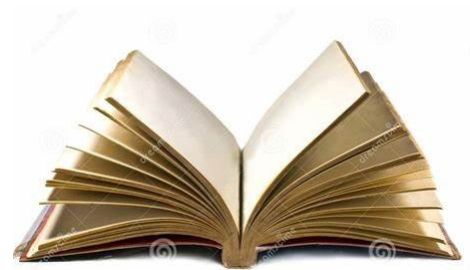
Learn more in my book (ask for details). Whole food supplements are typically the only ones recommended with very rare cases in which nutraceuticals are used. An example of this is in the case of addiction recovery or in the case of mental illness to transition off of medications.



I want to equip you with the information to customize your diet and do as much as you can on your own then know when it is time to reach out for professional guidance.

- Learn about cholesterol
- Adrenal and thyroid symptoms
- Body type evaluation for weight loss
- Proper digestion and putting together meals
- Test for food allergies at home
- Digestive symptoms chart; possible causes and actions to take

This is a published book available for sale online in digital or hard copy or in stock if you are local. It is also found through all major book stores.



Evaluate your constitutional type and make adjustments to rejuvenate your body on a deep and personalized level.



The Medicine of the 21st Century

Enzymes (like hormones), neurotransmitters and other quantum functioning mechanisms, regulate continuously performed body functions. Life would not go on without the thousands of enzymes the body produces (or should produce). Why do we need to supplement with enzymes?

Digestion of food is one of the most taxing, energy-consuming processes performed by your body.

Food today, grown on depleted soil, contains significantly less enzymes (or non at all) than necessary to aid in digestion. Furthermore, if your food is adulterated by high heat, either by processing or even barbequing, is pasteurized, canned, and especially if micro-waved — your food's enzymes, intact when grown and fresh, have now been destroyed. This is an un-natural state of "food" used to fuel our bodies.

Digestion is not the only function enzymes play a role in. There are metabolic enzymes that affect biochemical processes too, which are not covered here.

How do you know if you have an enzyme deficiency? Heartburn, bloating, flatulence, allergies, skin disorders, fatigue, muscle aches, depression, mood swings, chronic illness, frequent sickness, poor circulation, constipation, hypoglycemia, nutritional deficiencies, sensitivity to chemicals, drugs or perfume are all indicators of enzyme deficiency. Ask about The Homeostatic Digestive Challenge to see if it would be at the top of the priority list for your therapy/wellness plan!

Learn about metabolic enzymes and their important function, such as glutathione. You can ask for the article *Why You Need Glutathione* and also go to: WellSpaceAdcocacy.org/unlock

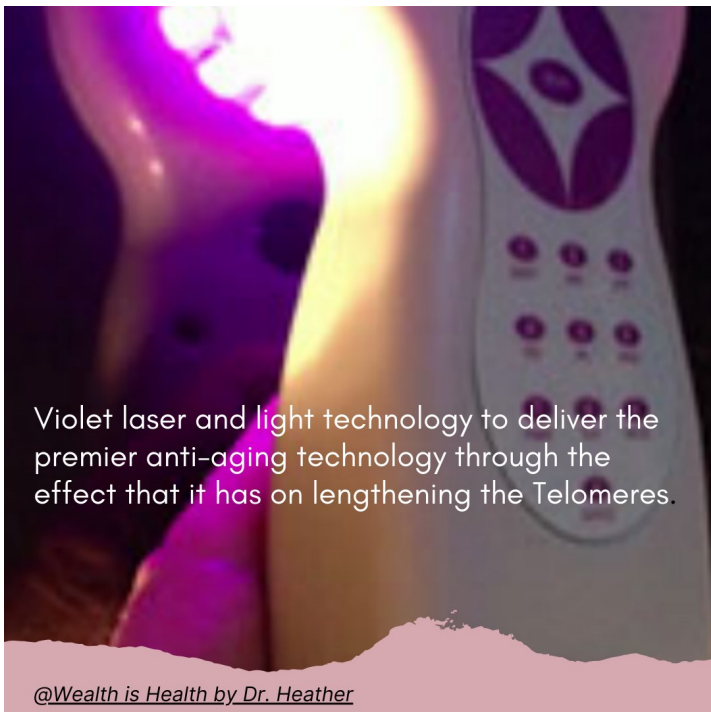
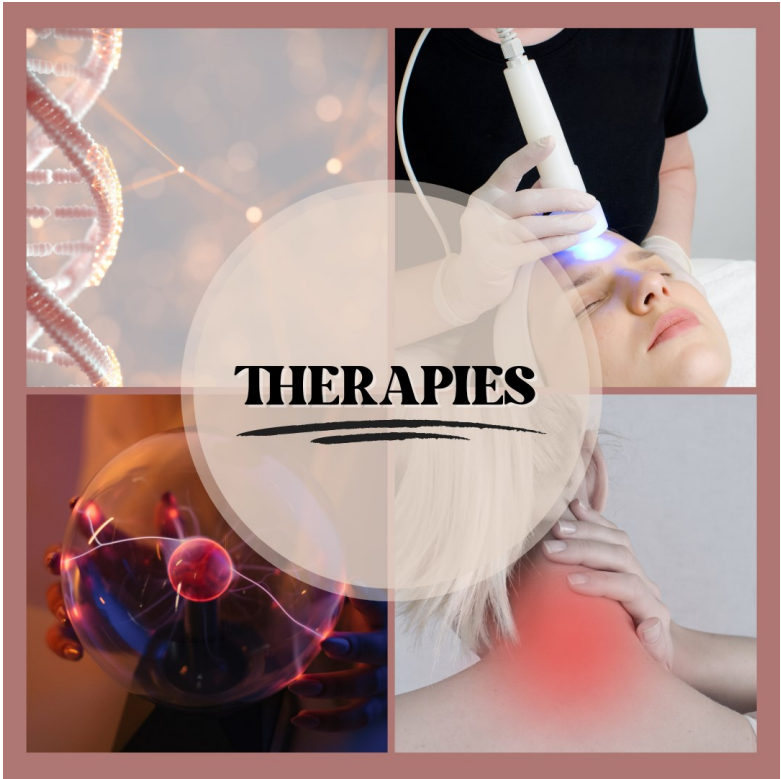
WARNING: DO NOT TAKE GLUTATHIONE OR ANY OTHER CHEMICAL ISOLATE

Are you suffering from symptoms and conditions that frequently don't respond well to other treatments? A professional grade device offers convenient home use without a prescription. This cold laser, infrared, red and violet light plus Scalar wave technology all-in-one device provides safe and effective means of healing, rejuvenation and pain relief that is non-invasive and drug free.

Adverse to needles? This same therapy device was designed for professionals of Chinese Medicine/ Acupuncture to stimulate points with pen like probes. This has been used successfully and, at times, the effects are longer lasting than traditional needle acupuncture.

Discover Craniosacral Therapy

An Osteopathic approach to health recovery; not chiropractic, nor massage but something in-between.




Not all therapy modalities are listed within this handbook. Therapies are recommended will be discussed accordingly

Neuro-Emotional-Linguistic Nutrigenomics Attunement (NELNA)

Consideration of your internal dialog, mental pictures, and your emotional terrain is yet another great factor in restoring your physical wellbeing that shouldn't be dismissed. Wellness coaching is encouraged. Progression of your health status is possible through the trifecta of the tribe-like effect in group participation (book clubs, workshops, etc.), your personal *Therapeutic Lifestyle Challenge* and in undertaking of inner work such *NELNA*. The one significant thing traditions, communities that thrive, and congregations or groups of like-minded individuals model is this sense of comradeship or intimacy. It is a foundation human need, a healthy endeavor, and one that you can find with in my programs and club.

At the very soul of healing are many things; one branch being closeness to others. Another, self-realization or introspection and another branch being meditation and spiritual practices (making a lasting impact).

Neurological development can be interrupted by trauma, stress or injury, as well as stifled from nutritional deficiencies, loss of oxygen and decreased circulation of cerebral fluid. The endocrine system is directed by the glands in the brain; also associated with the nervous system. Any so-called "endocrine issues and hormonal imbalances" can be supported by this program. The "E" in this case actually stands for emotional because your brain is responsible for processing emotions in which are stored in your body called "cellular memory" and this is why pain may be existent "without reason or known cause" (idiopathic). On the other hand, known causes such as an injury to the wrist, for example may not heal and continue to cause you pain until the deeper emotion reflected in, or associated with the wrist is "cleared".



*Life is suffering, and the cause of suffering is desire...
There is a path to end suffering*

The Four Noble Truths

- I: The truth of suffering
- II: The truth of the cause of suffering
- III: The truth of the end of suffering
- IV: The truth of the path that frees us from suffering

Summarization

Of Services

Services span from clinical findings in your physical health to body-centered therapeutics such as needless acupuncture to the clearing of emotions.

HEALTHCARE OPTIONS

Talk with us about packages and payment options.

A Start Towards Wellness

• Metabolic Analysis with Report of Findings	\$397
• Consultation to review the Report of Findings	\$120
• Two additional appointments totaling 4 all together (6 hour total time commitment)	\$240
Total value	\$757
<i>The Ultimate Start Package saves you</i>	<i>\$150</i>
Your Total	\$607

For those working with us virtually, the in-house metabolic testing is replaced by Lab test that tells us much of the same information gleaned from the in-house testing.

<u>Pay as You Go: Holistic Health Initial Consult</u>	<u>\$260</u>
Subsequent visits	\$90 – 180

Other Options:

Distance Consult (TeleCare)	\$70-120
Dip-Your-Toes-Into natural healthcare 30 minute consult or therapy	\$75

See other package options online.

Resources Next 

Leading a Healing Lifestyle

Restorative Naturopathy helps to facilitate a *healing lifestyle*, and because not everything can be addressed within a single consultation, I find it most effective and convenient to provide handouts of information to cover all the bases.

Considering all aspects of your health includes the substances to which you are exposed. These include household cleaners, your work and living environment such as air and water quality, along with everyday items you may not think about as being harmful.

Preventative medicine is obviously wise and ideal. Visiting a practitioner of natural medicine for advice and check-ups is certainly beneficial. I also believe there are many areas to take control over yourself. With simple changes in the home such as outlined in the *Your Essential Guide for Diet and Nutrition*, you will be gifting yourself a great deal. You set a model of responsibility for your family and others around you.

Keep up the good work!

Always choose all natural cleaning products. Industrial chemicals are unnecessary sources of toxins. Natural products are effective for the intended purposes and health-promoting rather than demoting!

Speaking of clean; hand sanitizers contain dangerous levels of concentrated alcohol (propanol, propyl, or rubbing alcohol), is so dangerous in fact that babies can die within minutes of application! It is easy to make own sanitizer. I would be happy to share the options with you. The form of alcohol used in store bought products causes cancer and is found in many common products you likely use daily, even in food products! Shampoo and body wash, hair styling products, shaving cream, cosmetics, mouthwash, decaffeinated coffee, supplements, carbonated beverages, store-bought fruit juices, cold cereals, and bottled water!

As you are aware, water is a vital piece of the puzzle. Good filtration, even on a decent source of water, can be very helpful in cleaning up avoidable health-hazards. It may not occur to some people that city water is less than ideal. Chlorine and fluoride, both commonly added to water are halogens (a class of highly reactive chemicals). Western Europe and the Netherlands outlawed fluoridization after twenty three years of testing. Germany likewise found that the one part-per-million dose recommended is close to that of which long-term use causes damage to humans. Chlorine has similar toxic effects as fluoride and again, the U.S. is one of the few countries that persists in dosing public water supplies with both these chemicals.

These highly toxic halogens combine with hydrocarbons to create a carcinogenic effect, are best avoided in your drinking, cooking and bathing water!

For more information see the resources page of my website. Under the *Immune* category you will find *Environmental Factors in Illness*.

WELLNESS IS MORE THAN DIET

Wellness is more than what you eat! Think about your environment too! What do you clean your home with? How about your daily moisturizer?

1. Air and water quality are very important for the maintenance of a healthy body. HEPA filters are a must for your vacuum and air filter.
2. Lotions, soaps, and other body care products are all loaded with fragrance, preservatives, and other carcinogenic chemicals; even the so-called "All Natural" products. I use pure Aloe Vera toner and facial oil in lieu of lotion. Essential oils added to my facial oil provide a nice addition. Ask for more details and options.
3. Think holistic when it comes to 1st aid needs! Salves and remedies



(homeopathic and herbal) are just a phone call away. Heal faster with nature's ingredients.

4. Clean with natural sanitizing and cost effective agents such as vinegar, castile soap and essential oils! Learn more via our workshops and classes!

I'M HAPPY TO ANSWER ANY QUESTIONS YOU HAVE ALONG THE WAY. FEEL FREE TO CALL OR TEXT

RESTORATIVE
NATUROPATHY

DR. BROOKE HEATHER
CTN HHP, QNT, CBS

TEXT:

(208)255-5444

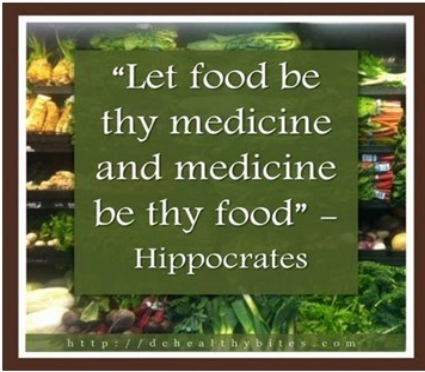
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OUR SIGNATURE HOUSEHOLD CLEANER!

NATUROPATHICCLINIC.INFO

FIND STORE, BLOG AND MORE RESOURCES ON

WELLSPACEADVOCACY.ORG



Foods can be powerful medicine when properly prepared and administered. Know your Ayurvedic type and choose foods accordingly. Here are some ideas to get you started.

Research has shown that diets low in plant foods are linked to greater levels of inflammation and increased risk for chronic diseases.



Sprouts are a powerhouse of nutrients. They contain all the essential amino acids and they are higher in bioavailable calcium than milk.

Carrots, beets and chard are some of the most nutritious and pH - balancing foods.



Spice up your life but do so in balance. Turmeric, celery seed, ginger, garlic can reduce inflammation.

Add a healthy amount of Omega 3's from fish (or supplementing with fish oil), fresh avocados and raw nuts (soaked or sprouted).



Make salads your main course but don't forget about low heat cooking

methods for vegetables served with grass-fed organic butter!



Your personal healing foods should be guided by your blood type and fine-tuned with Ayurveda.

Resources


The previous page is also found in the Welcome to Wellness part of the portal. In that document, the images link to web pages when clicked.


You may register with the QR code below or ask to be enrolled. When you get there, simply hover your cursor over each image to be taken to the different resources that will give you more ways to customize your diet. Explore as inspired to!


This image is of The Perfect Health Diet® and I find it is a great picture of the proportions we should consume in each food group with great suggestions in each category.



Your Portal




 Dr. Brooke Heather, CTN, Craniosacral, Functional Medicine Therapist
Welcome to Wellness


Dr. Brooke Heather, CTN, Craniosacral, Functional Medicine Therapist
NATUROPATH @ RESTORATIVE NATUROPATHY & HEATHER HOLISTICS
 Advanced testing and therapy for true and lasting health improvement!


Welcome to Wellness

This is a quick start self-paced crash course
 US\$0.00

Description

You now have access to resources that equip you with w
 your body. Enjoy!



ZINC DEFICIENCY TEST

Essential for enzymatic function needed for digestion, reproduction, metabolism, and wound healing, also needed for the synthesis of enzymes, hormones, and collagen, insulin, and bone formation. Zinc works synergistically with vitamin A and is needed for the maintenance of vitamin E in the blood. Zinc may have anti-inflammatory effects, helps to excrete toxins, regulates diabetes,

reduces acne, Wilson's disease, eating disorders and weight loss. Zinc increases energy and boosts the immune system. Zinc is indicated for slow growth and healing, alopecia, rashes and skin disorders, low sperm count, loss of taste and smell, stretch marks, poor night vision, liver and spleen problems, loss of appetite, inflammation of the tongue, eye lid and/or mouth, infection of the nails, sickle cell disease, and Down's syndrome.

ZINC: found in liver, meats, fish, egg yolks, sardines, seafood, sunflower seeds, whole grains, green leafy vegetables, and brewers/nutritional yeast. Do you eat plenty of the above listed foods? Do you digest and assimilate them? It is not likely! Zinc is lost through perspiration and needs replacing after exercise. Hard water can disrupt zinc levels. Take zinc and iron supplements at different times as the two minerals taken together interfere with each other.



SYMPTOM SURVEY

A comprehensive view of the areas in you which need nutritional support or purification. The report that is generated is based on the symptoms you rate. A professional product line, a whole food approach to achieving health and healing is within the report with supplement descriptions.

It is my pleasure to assist your health and anyone you would recommend! Feel free to refer those you care about to these FREE services. I am happy to give handouts and information—awareness is the key!

TOXICITY QUESTIONNAIRE

Another good indicator of health; this tool helps to uncover the hidden causes of disorder and reveals the areas that could be "cleaned up" (it is important to evaluate where your toxic exposure is coming from and reduce it).

P H

There are many misconceptions regarding the ideal pH, how to get accurate readings, and what it really means... ask for the tests and literature! An optional home *Homeostatic Test Kit* is available to monitor body your chemistry. A handbook comes with the kit explaining everything you need to know (protocols and when to call upon a professional). The 13 analytical tests are a valuable tool for self-monitoring! The kit items last a year of typical use. \$110.

ALLOPATHY

The occurrence of illness is the result of an outside source of invasion such as a virus or bacteria.

Emotional components are not valued as the strongest influence over the functions of the body.

There are no laws or philosophy to measure results of treatment.

Focus is on the naming or diagnosis of disorder to pacify the patient. Society has been conditioned to expect a name for their condition. Doctors then prescribe according to the list of medications associated with the diagnosis. Biochemical individuality is rarely considered.

A disease is characterized by changes in the tissues, if it can be measured, only then can it be treated.

The removal or change of symptoms is considered a cure, while the disease itself remains untreated and potentially proceeds to a deeper level.

Radical evasive methods, the use of toxic drugs, and side effects often times worsen the disease itself.

Frequent repetition or permanent prescriptions are given to "control" symptoms, while causing more imbalances and causes depletion of nutritional reserves.

Large chemical dosages that have one goal — to cover up or suppress symptoms.

New medications are continuously being made, later proven to be harmful and even outlawed.

Medications are chosen to produce the opposite effect of the symptoms they are intended to treat.

Frequent surgery with the view point, "if you can't cure it, remove it."

Disbelief in the healing power of nature.

NATUROPATHY (THIS Clinic)

Symptoms persist or disease develops when emotional, psychological or spiritual stressors become overwhelming, weakening immunity, resulting in a susceptibility to pathogens (viruses, bacteria, fungi, parasites) with the exception of physical trauma causing disorder.

Every emotion has an effect biologically on the body, thus enhancing or disturbing health.

Laws of cure are relied on in order to effectively treat illnesses. Naturopath has the ability to evaluate when changes are not occurring in the correct order.

Remedies are administered based on emotional and mental as well as physical factors after an extensive evaluation and sometimes testing. The characteristics of symptoms are analyzed regardless of the location of disease, because the body works in unison. It requires the whole to function well for a complete cure.

Changes in emotional/mental states indicate the remedy needed. These medically immeasurable changes affect the alterations of disease, which can be assessed non-invasively to effectively treat illness.

Naturopath notes the pattern of symptoms which the immune system produces in the healing process and is able to recognize the appropriate or inappropriate responses.

The treatments are natural, beneficial and permanent.

One dose immediately activates healing. Treatment, supplements, and/or detoxifying plans are educational and provided for you to administer with the knowledge you have gained.

Small dosages are used that operate on a cellular level. Naturopathy stimulates the body's natural pharmacy that contains intelligence.

The same remedies have been used for centuries, safely and effectively.

Remedies are chosen for their similarity with the characteristics of the individual, working with the immune system rather than against it, following the laws of similars.

Rare uses of surgery with the understanding of each organ and its importance in overall health and well-being. Conditions can be corrected with natural remedies with the exception of congenital abnormalities, breaks, fractures or delayed treatment.

Knowledge in the healing power of nature. The naturopath notes the pattern of symptoms which the immune system produces in the healing process and guides the patient in their healing journey.

HEALING RESPONSE

Homeopathy, herbal or nutritional supplementation, acupuncture, chiropractic, and other natural therapies, as well as Biofeedback therapies, can produce an initial increase in symptoms or what is known as a healing crisis. These symptoms can feel like the onset of a cold or the flu and may last around three days. Headaches, body aches, slight fever, and perspiration may be some of the symptoms or simply feeling tired and sluggish. It is important to listen to your body and these signs. Rest when you're tired, and drink plenty of purified water. It is advisable to decrease or temporarily eliminate the intake of any foods your system has a hard time digesting. Naturopathic principles welcome these symptoms (to an extent) as part of the healing process. Make sure to communicate any changes in your symptoms to your healthcare professional and if the symptoms last longer than a week. The incomplete recovery from an acute illness such as cold or flu-like symptoms may create long-term complications. It is advised to take proteolytic/fibrolytic enzymes during and after an infection, or while any inflammation. This form of therapeutic enzymes, as opposed to digestive enzymes, differ in the quantity and type of enzymes. I recommend them in cases brought on by detoxification and natural therapies to assist the body in eliminating toxic residue and enhancing immunity. Enzyme therapy (ET) is effective in any healing process and used by many professional German soccer teams and European countries for sports injuries and various conditions. I utilize ET in the treatment of edema, respiratory problems, urinary tract infections, sinusitis, rheumatic diseases, following radiation therapy, and after surgeries to prevent scar tissue. I recommend adding a bottle to the 1st aid cabinet! However do not use without the advice of your HP, nor in the case of stomach ulcers.

Many suffer from colds and flu much too often. The occurrence of acute illnesses often means the body is trying but not succeeding in eliminating toxic cellular waste that can lead to chronic inflammatory diseases and an over-taxed lymphatic system. Unfortunately, the lack of understanding of what colds and flu really are and how they work on a cellular level poses health threats on those whom use allopathic medications. These are laden with toxic chemicals, devastating the gut ecology and diminishing the immune system, only adding to the amount of toxins the body must eliminate. As you probably know, pharmaceuticals are only designed to suppress symptoms, often resulting in chronic conditions. Additives such as colors and flavors are a cocktail of toxic substances best avoided.

The best way to keep the immune system in tiptop shape is to eat well (for your metabolic type) and supplement only with the appropriate nutrition, probiotics and enzymes for digestion and assimilation of nutrients. Cleansing the body often through an HP assisted purification program is an important factor in maintaining health. Humans are hosts for parasites and worms, but the body is usually able to deal with them if the internal environment (I refer to this as the BioTerrain) is in good condition. When the body is under the effects of a weakened BioTerrain, parasites are disruptive, dangerous and in rare cases deadly. Biofeedback reactivity testing indicates the body's response to such pathogens. Testing shows which type the body is not dealing with efficiently and the degree of pathogenic activity.

Healing responses are to run their course while you rest, drink plenty of fluids, and eat a wide variety of foods per recommendation. If kept in good communication with an HP, one should not experience miserable effects. Do not stop your program or become discouraged. Protocols may simply need re-adjusted (decreased dosages) temporarily to slow down the response of the release of toxins.

Dear valued participant,

I thank you for choosing Restorative Naturopathy in seeking assistance for natural healthcare solutions. You can rest assured in the tried and true techniques utilized in my practice, in both assessments and therapies, as well as an excellent track record for over twelve years.

The aim in holistic health is to investigate the root causes of your symptoms and develop a protocol specifically for your needs. In doing so, we will need a clear line of communication. I encourage you to keep me informed regarding any changes in symptoms.

It is important I am informed of what you are experiencing so I can better assist you. Through the hub is the best way to communicate non-urgent matters and my cell otherwise. Also please inform me of any unfortunate events such as illnesses (colds and flu), injuries, or life events that may alter the priority of your treatment plan.

I am happy to work closely with your allopathic medical physician. I am passionate about facilitating your healthcare goals and look forward to seeing the transformation.

Policy

I ask that you give a 24 hour notice if you need to cancel.

No-show and same day cancelations of appointments are charged a small inconvenience fee of \$20 or 20% of agreed upon session fee for the missed appointment.

Please also take note of the terms within invoicing (PayPal).

The hourly rate is \$120 (\$30/ 15 minutes for work and research done on time outside of scheduled appointment time). We typically operate from a case management style healthcare model, thus must be compensated accordingly. We are willing to discuss sliding scale options.

Nutrient/Diet Guidance class provided free of charge once an initial consult is made and paid for. The class is called *Equip* and is a review of some of the material in my book *Dynamic Health Restoration*. Family (live-in) that may wish to attend is also free of charge and encouraged as part of your support team. Friends are \$45 (booklet included) and you get a \$10 credit for the referral!

Your partner in health,

Brooke Heather CTN, HHP, QNT, CBS

HeatherHolistics@yahoo.com

Cell: (208)255-5444

Informed Consent

1. I hereby authorize Restorative Naturopathy LLC and all representatives to act on my behalf concerning the corrective, therapeutic, natural, non-drug, non-evasive protocols offered to achieve health. I specifically authorize for my recommendations be based on holistic concepts and for nutritional and detoxification protocols, lifestyle, and environmental modifications.
2. I warrant that all information submitted for evaluation was submitted by me and is true to the best of my knowledge. I agree to inquire directly with us about any questions I may have on our evaluation tools/techniques before searching the internet or by acquiring other means of information for answers, as this can lead to a lot of un-necessary confusion.
3. I understand whole food nutritional advice is based on the Heart Sound Recorder and other techniques used for the practitioner to base recommendations on according to the training received in such.
4. I understand I am not attending an allopathic doctor (MD), but a wellness consultant; a Doctor in Alternative Medicine, a Certified Traditional Naturopath, Neurofeedback, Biofeedback and Digestive Health Specialist. The medical board to take up any issues with, should there be any, is with the First Nation Medical Board ("FNMB") d/b/a Turtle Healing Band (authorized by agreement with Crow Nation to create a Tribal Health Care Program of indigenous medicine providers of the private THB members). I agree to the THB membership. Terms may be updated without notice.
5. I understand that I will not receive a diagnosis, allopathic drugs, surgery, chemical stimulants, or any other conventional treatments. I understand the programs recommended are in no way to take the place of traditional medical treatment and if I desire further information or services not provided, I will seek them elsewhere. Take note our willingness to work with any other provider(s) to implement a program of integrative wellness.
6. I consent to Wei Labs/Dr. Li and representatives to converse with Restorative Naturopathy LLC in regards to my health in Wei's recommendations of herbal products.
7. I understand quantum biofeedback is designed to reduce stress and pain naturally and non-evasively by enhancing the flow of energy throughout the body. I understand it is my responsibility to ask my medical doctor for permission to undergo biofeedback training if I wear a pacemaker or have any medical condition that may be exasperated by relaxation. The Biofeedback device is a Class II medical device determined to be safe and non-invasive. It is used for reduction of pain and stress, improves sleep and mood/mental wellbeing.
8. The device, nor the practitioner operates by diagnosing or prescribing, only a licensed allopathic physician can diagnose. I understand am not attending an allopathic doctor (M.D.). In addition, Brooke Heather does not diagnose, treat, or prescribe for my disease or conditions, nor perform any act that constitutes in the practice of medicine for which a license is required.
9. Recommendations for other services/practitioners are only the advice of the practitioner I have consulted with and only to be followed if I believe it to be beneficial to my health and well-being.
10. I have solicited to this form of alternative healthcare and understand that Restorative Naturopathy LLC services are not to substitute for standard medical, chiropractic, or psychotherapy treatment, nor veterinary care for my pet.
11. All information disclosed will be respected and kept confidential.
12. There will be a fee for returned checks.
13. A \$20 or 20% of set visit fee may be charged for no-show appointments or cancelations the day of the scheduled appointment.

Restorative Naturopathy LLC does not deal directly with insurance companies but will provide invoices. There are no refunds for the services provided.