

Naturopathic Medicine

Naturopathic medicine is a wholistic and personal approach to health care which emphasizes the use of natural therapies that support the body's own healing process.

Naturopathic doctors are trained in the diagnosis and treatment of acute and chronic diseases and illnesses.

The primary goal of naturopathic treatment is to identify and address the underlying cause of an illness, rather than simply to treat its symptoms. This approach moves the body toward maintaining an optimal state of health.

Naturopathic medicine is not currently covered by OHIP but many extended health care plans have benefits for naturopathic care.

Therapies

Clinical Nutrition

The therapeutic use of food is an integral part of Naturopathic Medicine. Clients will learn to understand the impact that their diet is having on their health and appropriate dietary modifications and nutritional supplements can be suggested.

Botanical/Herbal Medicine

The use of herbal teas, tinctures, or capsules as an alternative to drugs for treating specific health concerns.

Homeopathic Medicine

Based on the principle of "like cures like", Homeopathic Medicine uses minute amounts of natural substances to stimulate the self-healing abilities of the body.

Acupuncture/Asian Medicine

Based on balancing the flow of Chi (energy) through the meridian pathways, Asian Medicine includes the use of acupuncture and Oriental herbs.

Lifestyle Counselling

Physical, emotional, nutritional and environmental factors affect health. Lifestyle Counselling helps patients make informed choices to reach and maintain their optimal health.

Conditions Treated

Naturopathic doctors are trained to treat a wide variety of health concerns, from acute to chronic, pediatric to geriatric, and physical to psychological.

A few examples include:

- ◇ Skin conditions such as eczema and psoriasis
- ◇ Seasonal and chronic allergies
- ◇ Menstrual cycle irregularities
- ◇ Fertility concerns
- ◇ Menopausal symptoms
- ◇ High blood pressure
- ◇ High cholesterol
- ◇ Digestive function disorders such as heartburn, indigestion, and irritable bowel disorders
- ◇ Weight Management
- ◇ Anxiety, Depression
- ◇ Prenatal Care Program
- ◇ And much more

Patient Benefits

- ◇ Prevention of Disease
- ◇ Individualized Treatment
- ◇ Attainable goal setting
- ◇ Increased energy
- ◇ Improved sleep
- ◇ Increased immune system function
- ◇ Long - lasting lifestyle changes

About your Clinician; Lindsay Martens, ND

Lindsay Martens, ND received her Doctor of Naturopathic Medicine designation from the Canadian College of Naturopathic Medicine. Lindsay maintains a general family practice with areas of special interest in women's health, children's health, and mind-body medicine. Dr. Martens is currently accepting new patients and welcomes the opportunity to conduct information seminars on Naturopathic Medicine.

Fee Schedule

Initial Visit_____ \$130
(90 minute session)

Follow up Visits_____ \$55
(30 minute session)

Pre-Natal Care_____ \$350
(six week care package)

Follow up visits are generally 2-3 weeks after the Initial Visit and each treatment plan is completely dependent upon the individual patient case.

Dr. Marten's goal is to lengthen the amount of time between visits.



Naturopathic Medicine

88 Thomas St.,
Strathroy, ON N7G 2T3
519-963-4643

Dr. Lindsay Martens
Doctor of Naturopathic Medicine
Certified Doula

info@rowardennanhealth.com
www.rowardennanhealth.com

Registered Massage Therapy

What is Massage Therapy??

Massage Therapy is a manual therapeutic procedure that uses touch to treat the soft tissues and muscular structures of the body. There are many different types of massage techniques, some use deep kneading motions, and others use light pressure or long strokes. Massage therapy is used to relieve stress, increase blood flow, soothe aches and pain, relax tense muscles, and increase the general well being of the body.

The use of massage therapy is spreading to many segments of the population.

Athletes are using it to increase performance and decrease aches and pains post- event.

Employers are discovering the benefits of massage therapy and the decreased incidence of absenteeism in the workplace.

Even some hospitals are now incorporating massage therapy into their treatments, and a growing number of health care and insurance companies are now covering massage therapy services.

Swedish Massage – uses long strokes, kneading & friction applied to muscle layers to promote relaxation and circulation.

Deep Tissue Massage – uses deep pressure & slow strokes to release chronic areas of tension & contraction.

Trigger Point Therapy –uses deep pressure at tender areas, often described as a “knot” in your muscle, in cases of chronic soft tissue pain.

Soft Tissue Release – also known as active release, uses compressions & gliding motions in conjunction with passive & active stretching of the tissues.

Passive Stretch – uses Relaxational techniques combined with limb traction on a fully clothed client to alleviate muscle tension and stress.

Sports Massage – uses massage to prepare an athlete’s body for competition or to help the body recover post- activity.

TMJ Massage – uses external & internal oral massage to relieve tension in the jaw, face & head.

Conditions Treated with Massage:

Soft Tissue & Sport Injuries:

- Tears, Contusions, Hematomas
- Fascial Restrictions & Scars
- Repetitive Stress Injuries
- Carpal Tunnel Syndrome
- Epicondylitis
- Bursitis
- Plantar Fasciitis
- Rotator Cuff Injuries
- Tendonitis/Tenosynovitis

Arthritic Conditions:

- Osteoarthritis
- Rheumatoid Arthritis
- Scoliosis
- Chronic Back Conditions
- Facet Syndrome

General:

- Fibromyalgia
- TMJ Syndrome
- Headaches
- Sinusitis
- Chronic Pain Relief
- Torticollis
- Pregnancy

Patient Benefits of Massage

- ✓ Elimination of pain
- ✓ Restored range of motion
- ✓ Reduced fascial adhesions
- ✓ Drug-free therapy
- ✓ Enhanced natural healing
- ✓ Resumed employment &
- ✓ Recreational Activities
- ✓ Return to regular sleep cycle
- ✓ Stress Reduction

About Your Therapists:

Laraine, Sarah and Nicole are all graduates of the Massage Therapy program at the D'arcy Lane Institute of Massage Therapy in London Ontario.

After graduating with the Award of Excellence, Laraine has gone on to complete additional Certifications in Laser Therapy, TMJ disorder, Soft Tissue Release and will begin study in Medical Acupuncture in the fall of 2007 at McMaster University.

Sarah has completed her certification in Deep Tissue Release and Passive Stretch Massage.

Nicole recently completed her certification in laser therapy and brings an extensive background in competitive sports to the massage table.

Fee Schedule

Consultation _____	No Charge
30 min session _____	\$40.00
45 min session _____	\$50.00
60 min session _____	\$60.00
90 min session _____	\$90.00

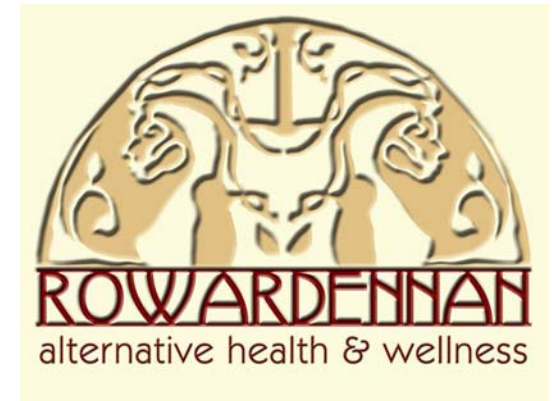
(Initial Assessment is required)

*Please note fees are subject to change & applicable taxes

Cancellations are appreciated
24 hrs in advance.
Missed Appointment ___\$20.00

Although not covered by OHIP, many health care plans & benefit packages will cover complete and partial Massage Therapy treatments, as long as they are provided by Registered Massage Therapists.

Please do not hesitate to contact us if you have any questions or concerns.



Registered Massage Therapy

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Laraine Craig BA, CLT, RMT
Sarah Jakimczuk RMT
Nicole Timmermans CLT, RMT

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Low Intensity Laser Therapy Treatment for the 21st Century

What is Laser Therapy??

- L - Light
- A - Amplification
- S - Simulated
- E - Emission of
- R - Radiation

So What Does That Mean??

LILT (Low Intensity Laser Therapy) uses medical lasers, applied to abnormal tissues for the purpose of cell regeneration, to convert light energy into biochemical energy.

Essentially, Laser Therapy restores normal cell function & aids the body's natural healing process.

LILT is a **curative** process that addresses the client's condition directly & eliminates signs & symptoms such as pain and edema.

There have been **NO** negative effects published to date regarding LILT.

How does LILT work??

LILT is a non-toxic, non-invasive therapy used for multiple medical conditions. Treatment is easily applied to the tissues using various flexible arrays of super-luminous diodes & a single laser probe. The light source is placed in contact with the skin allowing energy to penetrate the tissues. The process is not painful or uncomfortable.

Specific protocols (prescriptions) are customized to suit each individual's particular needs.

Laser Therapy will 'kick start' the body's healing process by sending energy to the body's cells, where it will be transformed into biochemical reactions such as an endorphin release, which inhibits the sensation of pain.

It is important to note that the number of treatments may vary depending on individual circumstance. In most cases, positive changes begin between 3-5 treatments, however, some conditions require patience, perseverance & time.

Conditions Treated with LILT:

Soft Tissue & Sport Injuries:

- Tears, Contusions, Hematomas
- Dermal Abrasions & Burns
- Repetitive Stress Injuries
- Carpal Tunnel Syndrome
- Epicondylitis, Bursitis
- Plantar Fasciitis
- Rotator Cuff Injuries
- Lesions & Scars
- Dermal Ulcers

Arthritic Conditions:

- Osteoarthritis
- Rheumatoid Arthritis
- Spinal Stenosis
- Chronic Back Conditions
- Facet Syndrome
- Bone Spurs

General:

- Herniated & Bulged Discs
- Fibromyalgia
- TMJ Syndrome
- Psoriasis
- Sinusitis
- Chronic Pain Relief

Patient Benefits of LILT

- ✓ Elimination of pain
- ✓ Restored range of motion
- ✓ Reduced healing time
- ✓ Drug-free therapy
- ✓ Enhanced natural healing
- ✓ Resumed employment &
- ✓ Recreational Activities
- ✓ Return to regular sleep cycle
- ✓ Cost Effective Therapy

Laser Therapy is highly effective with success rates as high as 100%.

About Your Therapist:

Laraine is a Certified Laser Therapist with a BA from The University of Western Ontario, with concentrations in Health Science & Kinesiology.

Laraine is a Registered Massage Therapist and holds a diploma in Business Marketing from Fanshawe College.

Laraine works in conjunction with the D'arcy Lane Institute of Massage Therapy in London as a Clinic & Outreach Supervisor.

Laraine is a current member of the CMTO (College of Massage Therapists of Ontario), OMTA (Ontario Massage Therapist Association) and is an active member of her community.

Fee Schedule

Consultation _____ No Charge
30 min session _____ \$30.00
60 min session _____ \$50.00
(Initial Assessment is required)

*Please note fees are subject to change & applicable taxes

Cancellations are appreciated
24 hrs in advance.
Missed Appointment ___\$20.00

Laser Therapy is recognized as complimentary to Massage Therapy. In most cases, the combination of treatments aids the breakdown of adhesions, increases muscle mobility, & lymphatic & arterial circulation.

Although not covered by OHIP, many health care plans & benefit packages will cover complete and partial Laser Therapy treatments.

Please do not hesitate to contact us if you have any questions or concerns.



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