

Dr. Mike Um ND, HBSc.

Dr. Mary Magnotta ND, MSc. HBSc.

Dr. Michael A. Prytula ND



296 Welland Avenue  
St. Catharines, Ontario, L2R 7L9  
**Phone:** (905) 684-4934  
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**www.Naturomedic.com**

Your Specific Therapy Chart Suggested by Your Naturopath Doctor

Only the therapies checked off apply to your special needs.

TREATMENT	WHAT IT DOES	WHAT IS REQUIRED OF YOU
<input type="checkbox"/> E.A.T	E.A.T is a natural, non-invasive, drugless, and pain free method of eliminating allergies and /or sensitivities. It is designed to treat hidden allergies and/or sensitivities that cause mal-absorption,(causing factors for future diseases), as well as relieving current symptoms.	You must take your homeopathic 3 times a day for 3 days unless otherwise specified by the doctor.
<input type="checkbox"/> M.E.T	M.E.T keeps your immune system strong by identifying suspected microorganisms energetically and then alerting the immune system to directly attack it.	A dietary adjustment of <b>NO</b> meat (fish, poultry and other meats), <b>NO</b> raw vegetables, and <b>NO</b> sugar or food with a high sugar content, is required for approximately 12 hours after the treatment.
<input type="checkbox"/> BOTANICALS	When used as directed by a Naturopathic Doctor, treatments with natural products are both efficient and economical, because it addresses underlying causes rather than just individual symptoms.	Preferably taken on an empty stomach (you can eat right after), if they do not quite agree try taking them with meals. If there is still a problem with the drops, then cut the number in half. You may put the drops in water, grape or apple juice. <b>No citrus juices or unclear beverages.</b> Store them away from direct sunlight and heat. Take until <b>FINISHED.</b>
<input type="checkbox"/> COLONICS	A cleansing of the colon to remove built-up toxins which will allow the body to absorb more nutrients.	Please see special handout sheet
<input type="checkbox"/> COLOUR	Colour therapy affects all levels of your being. When the body is not able to use light, it does not function optimally. Thus, vitality and energy are lowered and the body is open to disease and decay. Colour therapy works to alleviate these blocks that cause disharmony in the body.	<b>Contacts</b> and <b>glasses</b> should <b>NOT</b> be worn during colour therapy treatment.

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TREATMENT	WHAT IT DOES	WHAT IS REQUIRED OF YOU
<input type="checkbox"/> CHEMICAL DETOX PROGRAM	A comprehensive program to rid the body of unwanted chemicals through a combination of therapies.	Please see special handout sheet.
<input type="checkbox"/> CHINESE HERBAL MEDICINE	Remarkably convenient, affordable and free of serious side-effects, this highly efficient system of holistic healing boasts a documented history of over 5,000 years.	Preferably taken on an empty stomach (you can eat right after), if they do not quite agree try taking them with meals. Store them away from direct sunlight and heat. Take until <b>FINISHED</b> .
<input type="checkbox"/> FASTING AND DIET THERAPY	Prior to the advent of modern medicine, fasting and special diets were used the world over to treat illness, and speed the healing process.	Please see special handout sheet.
<input type="checkbox"/> HOMEOPATHY	Developed in the 1700's, homeopathy uses highly diluted elemental and natural substances to activate the recovery process. Homeopathy offers gentle, lasting solutions to a wide variety of health concerns.	Nothing to eat or drink <b><u>15 minutes before and after</u></b> taking the medicine. No caffeine, mint, toothpaste, menthol, or camphor (found in some topical creams). Take the homeopathic medicine <b><u>15 minutes before and after</u></b> consuming or using these products. If you smoke, please do not smoke for <b><u>1 hour</u></b> before and after taking your medication.
<input type="checkbox"/> HYDROTHERAPY	Simple, effective and affordable, water has long been used to relieve troubling symptoms and increase vitality.	N/A
<input type="checkbox"/> MAGNETIC FIELD THERAPY	Widely accepted in Europe, this painless, non-invasive treatment uses low-pulsing electromagnetic waves to speed healing and alleviate chronic pain.	N/A
<input type="checkbox"/> STRESS MGMT.	By learning how deep breathing and imagery techniques can invoke the body's relaxation response, the patient becomes	Continued practice at home.

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	<p>better equipped to manage his or her physical and emotional health. During the session, a personalized audiotape is created so the patient may later access the techniques as needed.</p>	
<b>TREATMENT</b>	<b>WHAT IT DOES</b>	<b>WHAT IS REQUIRED OF YOU</b>
<input type="checkbox"/> SUPPLEMENTS	<p>When used as directed by a Naturopathic Doctor, treatments with natural products are both efficient and economical, because it addresses underlying causes rather than just individual symptoms.</p>	<p>VITAMINS/SUPPLEMENTS: Taken as directed.</p>
<input type="checkbox"/> IV SUPPLEMENTS	<p>Some vitamins, minerals and herbs are more readily utilized by the body when delivered by injection. Using injections means absorption is not an issue.</p>	<p>Please see special handout sheet.</p>
<input type="checkbox"/> OZONE	<p>Ozone, oxygen and other bio-oxidative agents are injected into the blood or just under the skin, to help destroy disease-causing toxins and microorganisms in the body. These therapies help fight infections, allergies, circulatory problems and chronic fatigue syndrome, and are utilized for the treatment of cancer AIDS and heart disease.</p>	<p>Please see special handout sheet.</p>
<input type="checkbox"/> CHELATION	<p>Originally developed to combat heavy metal poisoning, chelation is useful for preventing chronic illness in factory workers and others, who may have been exposed to heavy metal contaminants for long periods of time. It also provides a suitable alternative to coronary bypass surgery by reducing the amount of debris along the arterial walls.</p>	<p>Please see special handout sheet.</p>

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TREATMENT	WHAT IT DOES	WHAT IS REQUIRED OF YOU
<input type="checkbox"/> ES TECK SCAN	Non-invasive, Class III approved medical device in Canada. The scan uses a combination of biosensors on your feet, hands and head, and a pulse oximeter on your finger to take measurements from your whole body. There is no radiation involved. Many areas of your body are measured, including your heart and circulatory system, nervous system, digestive system, certain hormones, and mineral levels.	Arrive 10 min early; you need to be seated and relaxed. Remove nail polish. No caffeine or nicotine on day of scan. Refrain from eating a heavy meal and avoid acute stress. Wear minimal jewelry such as rings, watches necklaces and earrings. Discontinue <b>ONLY</b> medications received from Naturomedic™.com Naturopath, 48 hours before scan.

**PLEASE NOTE:**

It is important that you be on time for each of your appointments. Since our clinic is very busy, one late appointment can throw off the entire schedule causing an inconvenience for other patients as well as the health care provider.

Also, please be aware that due to the busy nature of the clinic and phone lines, we do not have the ability to allow or patients the use of our phone. Please plan ahead or bring your cell phone with you so you can contact your ride, etc. if necessary.

Thank you.