



Ontario's Naturopathic Doctors Are Helping Patients Stay Healthy This Flu Season

Toronto, October 21, 2009 – With the concern about H1N1, many people are thinking about what they can do to stay healthy this flu season. Shelley Burns, a Naturopathic Doctor in Toronto, says “Naturopathic Doctors know that a strong immune system not only reduces the risk of getting sick, but also reduces the severity of illness if you do get sick.”

The flu virus poses a greater risk if the natural defenses are weak. An important first step is for people to take care of the basics in bolstering these defenses, including eating well, getting enough exercise, and keeping stress in check.

Naturopathic Doctor Tara Gignac in Collingwood said “food is fuel for your body and all its work. Giving your body the right fuel can make a significant difference for your immune system” For example, eating a diet high in complete protein, essential fatty acids (EFAs), complex carbohydrates, and plenty of fruits and vegetables is important to support a strong immune system. Drinking sufficient water is key to keeping mucous membranes intact and playing their full role in acting as a barrier to bacteria and viruses.

A focus of naturopathic medicine is taking the time to understand patients, and to work with them on steps that will bolster their immune system, including more advanced natural therapies. As well, more and more patients are booking a prevention appointment for an immune boosting naturopathic treatment, including vitamins and nutritional supplements to address current deficiencies.

If a patient does get sick, NDs offer natural treatment options to help a patient to recover more quickly, and have the training to assess patients and refer them to another health care provider if necessary.

About Naturopathic Doctors

Naturopathic Doctors are provincially regulated primary health care providers. Visits to Naturopathic Doctors are covered by most workplace health benefit plans.

To find a Naturopathic Doctor, visit the OAND website at www.oand.org. For more information or to arrange an interview with a Naturopathic Doctor, contact the OAND and speak to Michael Heitshu, Director of Policy at 416-233-2001 x27.

