

Walla Walla Naturopathic, PLLC

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Welcome to Walla Walla Naturopathic, PLLC. This handout has been prepared for the purpose of providing you as first time patient in the clinic, with information on what to expect, as well as an introduction to the history, philosophy and practice of naturopathic medicine. Enclosed (or available for download) you will find Financial and Privacy terms, as well as a Patient Registration form and Health History Intake. Please take the time to fill these out as completely as possible prior to your visit. **Forms may be doubled sided.**

Your initial visit will be approximately one hour and fifteen minutes and will include a detailed history of your current health issues and goals, appropriate physical exam and time spent getting to know you, your lifestyle and how you approach your health care.

History of Naturopathic Medicine

As a distinct health care profession, naturopathic medicine is over 100 years old, and has its origins in the philosophy of Hippocrates and the healing wisdom of many cultures.

Principles of Naturopathic Medicine

- First Do No Harm, *Primum Non Nocere*: utilize treatments and substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat. Acknowledge, respect and work with the individual's self-healing process.
- The Healing Power of Nature, *Vis Medicatrix Naturae*. Naturopathic medicine recognizes an inherent, ordered and intelligent self-healing process in every individual. Naturopathic physicians act to identify and remove obstacles to healing, and to facilitate and augment this inherent process.
- Identify and Treat the Cause, *Tolle Causam*. Treat the cause versus the symptoms.
- Doctor as Teacher, *Docere*. The Doctor is responsible for educating and empowering their patient regarding health and dis-ease.
- Treat the Whole Person. Your physical, emotional, spiritual, genetic, environmental and social factors may all be relevant to your health and or healing. More and more research shows that life satisfaction has a strong relationship to physical wellness.
- Prevention. Naturopathic physicians seek to prevent significant disease before it requires higher force interventions such as pharmaceutical drugs and surgery.