



Optimizing Your Energy

The Role of Naturopathic
Medicine

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What is Naturopathic Medicine?



- Treat and address the cause of disease using natural therapies, with a focus on patient education and prevention.
- Use natural therapies to support and stimulate the bodies ability to heal
 - Nutrition/Supplementation
 - Botanical medicine
 - Homeopathic medicine
 - Lifestyle counseling
 - Physical medicine
 - TCM and acupuncture.

Health Care Providers



- NDs are highly educated primary care providers
- Integrate standard medical diagnostics with a broad range of natural therapies
- We work WITH other health care practitioners, including medical doctors and chiropractors
- Naturopathic medicine can be used on its own or in conjunction with conventional treatments.

Why Do I Have Low Energy?



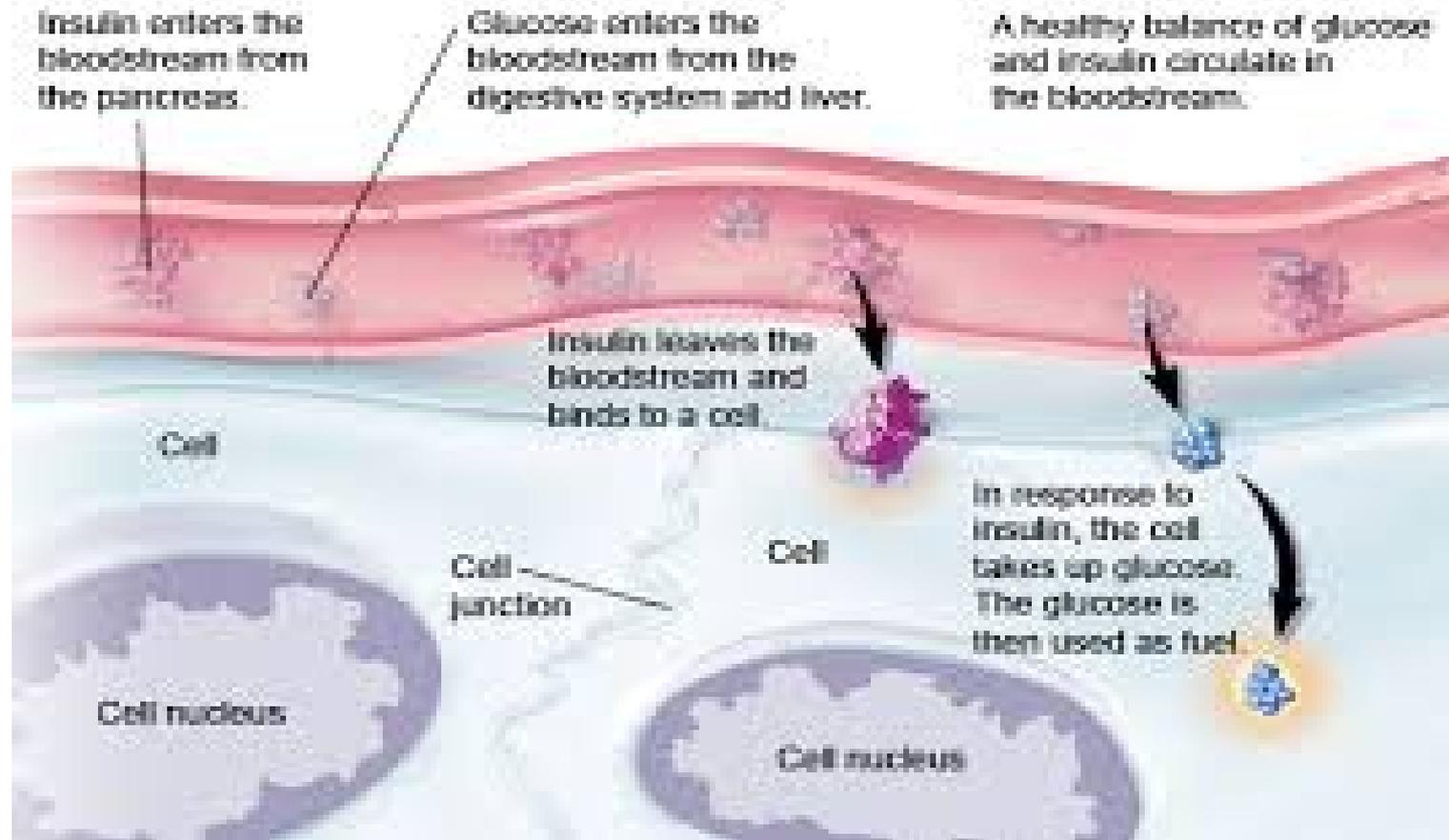
- **Find the root cause:**
 - Sleep
 - Nutrient deficiency (B12, Iron, CoQ10, etc)
 - Poor diet and lack of exercise
 - Chronic Stress
 - Toxins
 - Blood sugar imbalances
 - Hormone imbalances (ex. Thyroid)
 - Illness (MS, fibromyalgia, etc)

B12: The Energy Vitamin

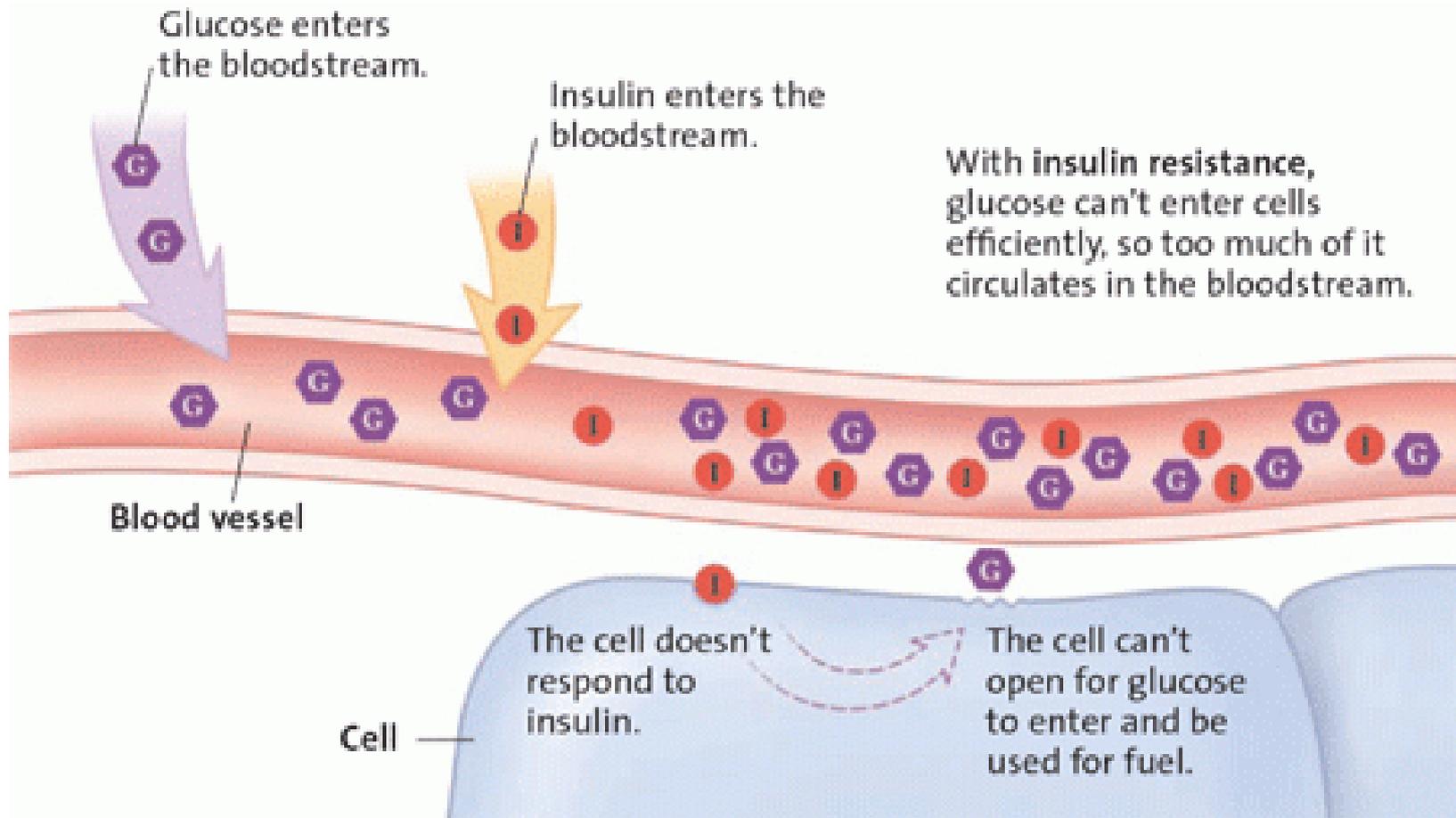


- Decreased absorption with age
- One of the most common nutrient deficiencies
- Major nutrient for the nervous system; helps with sleep, energy and mood.
- Drugs like antacids (PPIs) reduce B12
- Different forms: cyano, hydroxo, methyl
- Sublingual, oral, injection

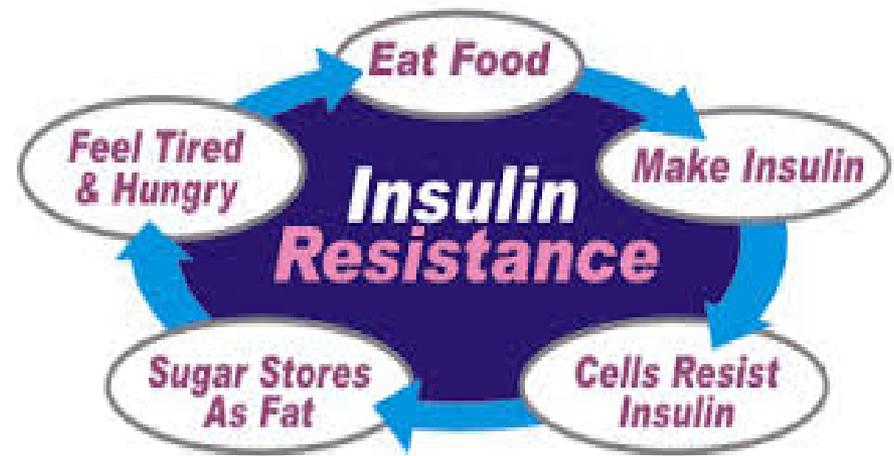
Healthy Blood Sugar



Insulin Resistance



Blood Sugar

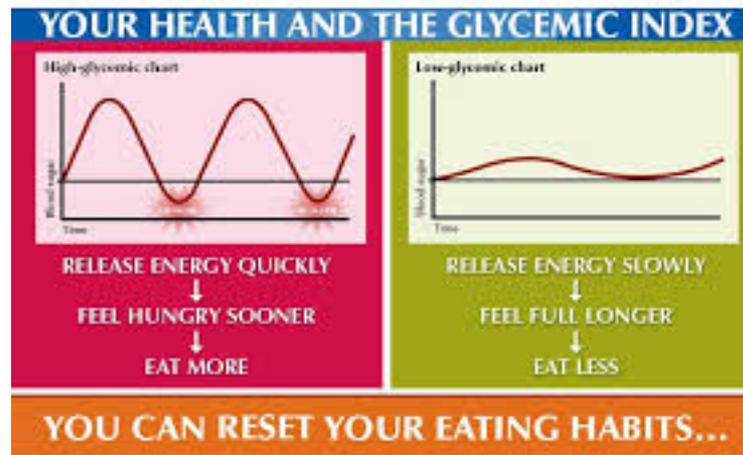


- Insulin is a hormone that tells our cells to take in glucose (sugar) from blood and use it as fuel.
- Too much insulin causes abdominal weight gain and energy slumps after a meal
- Too much insulin in the blood over time leads to type II Diabetes

Diet and Blood Sugar Balance

How Do We Balance Blood Sugar?

- Protein
- Fiber
- Healthy Fat

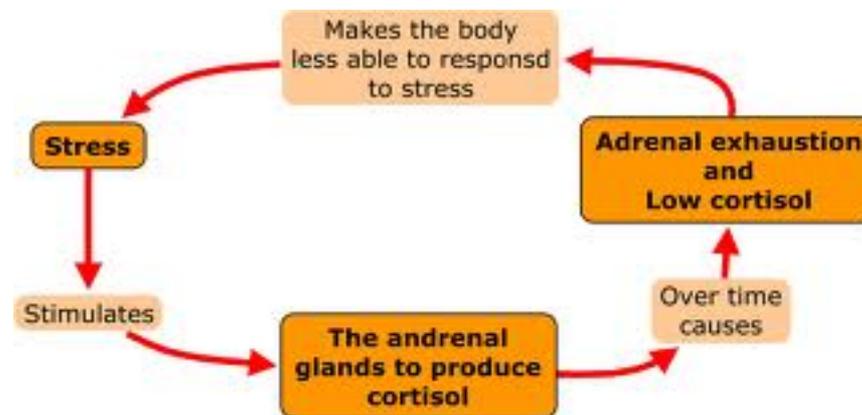


- Avoid refined, pre-packaged foods, sugar and trans fats

Stress and Energy



- Adrenal glands govern how our body handles stress
- Stress hormone Cortisol gets released in response to stress– too much or too little= tailspin

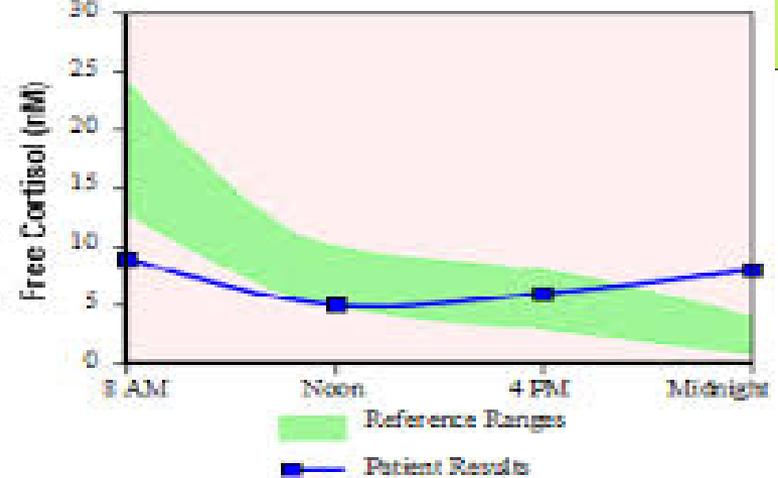


Adrenal Issues

- Symptoms:
 - Burnt out feeling/ Tired but wired
 - Difficulty losing weight and weight gain
 - Low mood (depression, anxiety)
 - Poor immune function
 - Sleep issues
 - Difficulty concentrating/poor memory
 - Sensitive to cold
 - Thyroid issues



ASI Testing



- ASI panel will measure:
 - Salivary cortisol (4 points during day)
 - Fasting & non-fasting insulin
 - Hormone precursors to cortisol
 - Gluten Sensitivity (anti-bodies)

Nutrients for Adrenal Fatigue

- Vitamin B5
- Vitamin C
- Magnesium

Herbs

- Ashwagandha
- Eleutherococcus
- Holy Basil
- Avena



Exercise: Use it or Lose it

- **Benefits of exercise:**
- Cancer risk reduction
- Diabetes: manages insulin
- Staves off osteoporosis
- Cardiovascular health
- Stress management
- Endorphins
- Increases positive self-esteem and confidence



Manage Stress

- ✓ Make time for self-care
- ✓ Meditation
- ✓ Laughter and sense of humour
- ✓ Do what you love
- ✓ Exercise
- ✓ Deep breathing & yoga
- ✓ Be in Nature
- ✓ Herbs





You Can Change Your Health!

- Step by step, day by day
- Education, Accountability, Empowerment.
- Get an individualized treatment plan to address your specific needs.

Erica Thomson, ND

For more information please visit:

www.EricaThomsonND.com

Lakeview Naturopathic Clinic

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15 minute complimentary consults are
available.