

DIVING DEEPER WITH DR. DEAN

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Attitude of Gratitude

Today I'm taking the time to be grateful. Grateful for the medicine when it's necessary and grateful for those who know how to use it properly, reverently. There's a time and a place for both modern medicine and holistic supplementation.

We ended up in DeVos Children's hospital a few weeks ago with my 6 year old. All is well, but it's definitely scary when your child is hurt, and you are at a loss as her parent. With my training & knowledge, I tend to take lead with any medical concerns, but this was beyond my scope of practice, and I was out of my element.

When I called my husband to be on standby (as I assessed the situation) his coworker made a comment about how "I don't seem to do very well in these type of situations." And when my husband arrived at the ER he also asked if this was a false alarm because my daughter was finally calmed down and 'acting normal.'

Well I'm here to encourage you to never doubt your gut reaction.

Sometimes it's best to give yourself a second opinion & a peace of mind. No. This was not a false alarm. Dear friends, I birthed my children unmedicated at home. They have never seen a doctor other than naturopathically. If I go to the ER... it's definitely an emergency. Never let them doubt you. Trust your instincts!

But also be ready to stand firm. The ER doctor said "and you're pry alternating giving her Tylenol & Motrin every few hours" as he nods his head yes. No. My child has never had Tylenol.

Save the Date!

Want more ideas on how to support your family's immune system during the cold and flu season? We're going to discuss ways to mineralize (and sample a bunch!), DIY first aid for ailments and seasonal illnesses as well as what to have on hand when they arise!

November 11

9am to 11 am

At my Grandville Office

What's in your Medicine Cabinet?

Story Continued...

I was giving her homeopathic doses or arnica (helps with muscle soreness) & cantharis (assists with burning, stinging pain) & phosphorus (helps stop bleeding). And rescue remedy to bring a calmness to the chaos.

Thankfully that was all that we needed at the time. So much so that when Dad arrived he questioned if it was a false alarm because her demeanor was about normal.

I am grateful for the medical field. For their patience with us and for giving us the medical knowledge they could offer. And grateful for my knowledge in being able to decipher what to do once we were past the emergency aspect of what happened.

But bottom line. Trust your gut. If you need the reassurance, or peace of mind, don't feel like a failure... do what you need to do in the moment with the knowledge you have. And I'm here to support you however I can be of assistance!

HUGE SALE



- Free Upgrade -

Book a deluxe dual foot detox soak for yourself and a friend and only pay the price of the regular soak! Valid thru thanksgiving (\$30 Savings!)