

# DIVING DEEPER WITH DR. DEAN

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## WHAT IS A NATUROPATHIC DOCTOR?

This was my question as well the first time it was suggested to me to go see one. I struggled with a gut imbalance for 13 years. The doctors did the same invasive testing to confirm what I had told them. It caused me pain to the point of just avoiding going in, despite being uncomfortable and in pain.

So I was skeptical. But I figured what could I have to lose? What she said, made sense. She explained my ailments in ways that I understood. She gave me natural suggestions to help correct my imbalance. When I left, I walked away with a laid out plan of what I was going to do.

Was it easy? Not at all. I had to correct my diet, add in supplements and deal with some emotions I tried to ignore.

Was it worth it? Absolutely! I healed from my gut imbalance in 3 dedicated months! And this was something I suffered with from the time I was 12 until I was 25! It was amazing!

But also, as I made better health choices for myself, I was inadvertently making better choices for my family as well. It was a win-win!

I obviously took it a step further and went on to become a naturopathic doctor because I was so inspired by the difference it made to my own life and health.



### **What is a Naturopathic Doctor?**

As your naturopathic doctor my goal is to sit down with you and listen. I hope to be able to share personal experiences with you and establish a trust so that together we can go deeper into the emotional and spiritual side of healing.

### **What happens on the first visit?**

I ask that you set aside two full hours for your initial consultation. We will dive into what your goals are and what areas you would like to improve upon. I plan for this length of time so I can properly explain everything along the way. It can be quite the experience and you never know where the road may take us!

### **What happens in the two hours?**

After our initial chat, I will do something called muscle response testing. This is a way to communicate with the body and find out what's going on inside. We will find out where your nutritional deficiencies are and then test against what the best remedy is.

### **What remedies are offered?**

All remedies suggested will be completely customized to you. We are all made completely different and what works for one person may not work for another. A remedy can range from a dietary adjustment to a supplement; ways to detox the body, bodywork, chiropractic care, energy work, essential oils, emotional support etc.

### **What do I get with the initial Consultation?**

You will leave the first appointment with a detailed plan in place for addressing the goals or concerns you came to me with and a better understanding of your body. I hope to leave you empowered to take control of your health!

### **What happens beyond the first appointment?**

Follow ups are recommended every 2-4 months later unless you decide you want more accountability. These visits are limited to an hour and that time is used to check in on how things are going and to make changes to your current program. If there is a new concern or issue that has become more prominent we will discuss it and test for solutions.

### **What about Bodywork?**

This can serve as a multipurpose tool. It is a lovely add-on to anyone's health routine! However, if bodywork isn't in your comfort zone, I can also be reached via text or email for any follow up questions or clarifications on your suggested program.

### **How did you decide to become a Naturopathic Dr?**

To be fair, I didn't even know natural medicine existed until I became pregnant. It is amazing what those 'mama' instincts will do! I had thought that I was going to have a 'normal' hospital birth with my first child and ended up deliberately birthing at home. The whirlwind of my pregnancy shed some light on the medical community. This caused me to question things. I decided I was not going to blindly trust a doctor without doing my own research first.

And just like that I was back in school soaking everything up in complete fascination!

My goal, as a naturopathic doctor, is to empower you in your own health and the health of your families; to share my knowledge and help create a community that supports and takes care of its own.

Blessings!  
Dr. Kaylie Dean