

Naturopathic Doctor



Melina Roberts BSc(Hons), ND

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How does Naturopathic Medicine work?

Naturopathic medicine is an approach to health that focuses on the entire person, including one's mind, body and spirit and aims at treating the cause of the problem- to truly get to its root, instead of temporarily masking the symptoms.

It is important to examine all factors that can affect a client's health. A thorough assessment allows me to create an individualized plan for each client to lead them to their optimum health. I use diagnostic techniques that allows me to detect problems before they become pathological. I guide my client's towards making lifestyle changes that include choosing the right foods, learning to reduce or manage their stress more effectively and following the prescribed treatment plan. The focus of naturopathic medicine is disease prevention, treating the cause of disease and maintaining optimal health. Naturopathic medicine can help with all ailments from the common cold to more serious health issues such as chronic pain, fertility and cancer.

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