Naturopathic Medicine is primary health care that utilizes natural therapies individualized to you. Naturopathic Physicians are trained to treat people of all ages suffering from acute conditions such as cold and flu to chronic diseases like autoimmunity.

Naturopathic Medicine uses therapies such as nutrition, botanical medicine, homeopathy, prolotherapy, acupuncture, and IV therapy. Naturopathic physicians are also trained in the use of pharmaceutical medications, and will use them at the appropriate time.

More important than the therapies used, Naturopathic Medicine works to understand the underlying cause of disease. Since underlying causes are often unique to each patient, Naturopathic Medicine is tailored to the patient to address all aspects of their health.

Call for an Appointment

Naturopathic Care Provided by:
Keith Wilkinson, NMD
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East Valley
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About Dr. Wilkinson
Dr. Keith Wilkinson is a licensed naturopathic physician in the state of Arizona. He earned a Doctorate of Naturopathic Medicine from Southwest College of Naturopathic Medicine. Dr. Wilkinson focuses on naturopathic care for auto-immune as well as general family practice conditions. Dr. Wilkinson uses a variety of treatment techniques, including clinical nutrition, detoxification, IV Therapy, environmental medicine, prolotherapy, cold laser, and functional medicine.

Naturopathic Medicine combines traditional therapies with modern medicine to understand and address the underlying cause of disease.
Naturopathic Medicine is very effective in the treatment of anything from acute colds to chronic diseases including:

- Allergies / Hay fever
- Autism Spectrum Disorders
- Auto-Immunity - RA, Lupus, Sjogren’s, etc.
- Chronic Fatigue/Fibromyalgia
- Colds and Flu
- Diabetes / Metabolic Syndrome
- Ear Infections
- Eczema
- Environmental Sensitivity
- Food Allergies
- GI Issues - Crohns, IBS, IBD
- High Cholesterol
- Hormonal Issues / Menopause
- Hypertension
- Osteoarthritis
- Osteoporosis
- Thyroid/Endocrine Issues
- Weight Control
- And much more…

Naturopathic Medicine uses physical examination, laboratory testing and most importantly, the simple act of listening to the patient to tailor a treatment program specifically for them.

**FAQs**

**What are Common Naturopathic Treatments?**
The appropriate treatment is dependent on each patient. However, in most cases treatment often starts with a dietary assessment. Once that is addressed, the options for treatment are numerous. With some patients a gastrointestinal focus is appropriate. With others, treatments such as IV therapy, detoxification support, allergy elimination diets, targeted nutritional supplementation, or simple lifestyle modification are used. In many patients a combination of treatments are often best. However, the most effective treatment is the one that addresses the underlying problem.

**How Long is an Appointment?**
The first visit is the most comprehensive in discussing your complete medical history and is the longest visit at 1.5 - 2 hours. Subsequent visits are approximately half that time, depending on the complexity of the issues being addressed. Since Naturopathic Medicine works at addressing underlying causes of disease, these longer appointments are what give you and the naturopathic doctor the time to fully discuss your condition and develop a treatment plan to fully address the underlying cause.

**Do Naturopaths Order Labwork?**
Yes. All conventional labwork (e.g., CBC, CMP, lipid panel, auto-immune panels, etc.) as well as naturopathic focused testing (e.g., food allergy, detox capacity, GI/Stool testing, etc.) are ordered. Some tests require blood draws, which can be done at Arthritis Health or Sonora Quest/Lab Corp sites and other tests use take-home kits.

**Is Naturopathic Medicine covered by Insurance?**
Typically conventional labwork is covered. Coverage of office visits, naturopathic type testing and procedures (i.e., IVs, prolotherapy, etc.) is dependent on your insurance carrier. Conventional ICD-9 and CPT medical coding is used for all naturopathic treatment and paperwork is provided for you to submit to your insurance. If coverage is not explicitly stated, ask for out-of-network coverage, partial coverage, or allowance for the first several visits. If that is not available, medical/health savings accounts (MSA/HSA) are a good option. If additional information is needed for reimbursement, ask Dr. Wilkinson.

**What if I am still unsure about Naturopathic Medicine?**
Call Dr. Wilkinson for a free 15-minute consultation to discuss your situation.

For additional information visit: www.integralnatmed.com