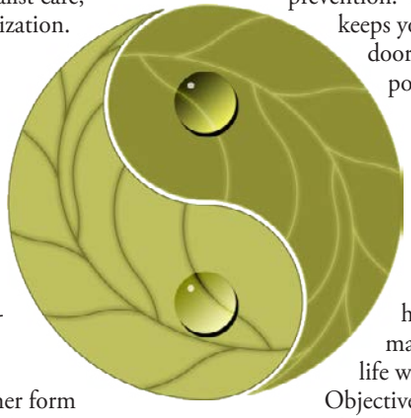
Naturopathic Primary Care

BY **DR. JEFF CLARK**, ND

Our return to writing articles for Tualatin Life is an opportunity to reacquaint our Tualatin community with True Health Medicine, PC and the naturopathic primary care we provide. A primary care provider is a trained and licensed healthcare professional you see for your routine health care, and your first place for help when non-emergency health problems arise. Your primary care doctor is your referral source for specialist services and the place you return for follow up and continuity of care after specialist care, major surgeries, and hospitalization.



There are many ways to describe the distinctions between naturopathic medical care and conventional medical care. Lately I've been thinking about this diversity in terms of a great and ancient polarity the Chinese call Yin-Yang. Each in a way defines the other with its half of the truth, and when taken together form a whole that is much greater than the sum of the two parts. Medical doctors have an ultimate focus and intention on interventions to help people resist death, sometimes heroically. Naturopathic doctors have an ultimate focus and intention on intervening to help people optimize their health. These are two sides of a single coin. Who after all is against optimizing health? Or resisting death?

Between these two orientations focused on complementary, and not competing goals, we find a significant overlap in practice. This includes science-based screenings of health parameters, early detections of serious disease, and treatments for many common health conditions both acute and chronic.

In Oregon, licensed naturopathic doctors have a full scope of practice and prescription rights that are more than adequate for providing primary care. Naturopathic doctors can help you manage your existing chronic conditions and your acute illnesses. We have a full range of treatments at our disposal including all prescription medications used in primary care. Of course we are just as interested in helping you resist death, and have great respect for our conventional colleagues regarding the technologies they wield in life saving medicine. Long before you need those heroic interventions, we believe that optimizing your health is the best and most powerful form of prevention. Being healthy, truly healthy keeps you as far away from death's door as possible, for as long as possible.

A person with true health requires no ongoing medications, maintains a healthy body weight, receives excellent nutrition, practices regular exercise, has ideal sleep patterns, manages stress well, and enjoys life with mental well being. Objective evidence for this ideal state of health? -- All measurable health parameters are found to be in a healthy, normal range in a pain free, pleasant person. True health is the ideal we help our patients strive to achieve with our practice of naturopathic primary care. The closer you are to this goal, the farther you are away from the need for expensive, heroic medical interventions. Come establish care with one of our naturopathic doctors and let us start working together to optimize your health.

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