

# INDEPENDENT/ FREE PRESS Health and Fitness

## Naturopathic medicine treats the whole person

By JANET DUVAL  
Special to The Independent/Free Press

There was a record turnout when naturopathic doctor Cathy Kuindersma came to address the Canadian Federation of University Women — Georgetown in February.

Kuindersma treats the "whole person" promoting a healthy diet, exercise, a positive attitude, and the use of subtle natural remedies which don't overpower and have few side effects. "I look at prevention first" she says.

A graduate of the University of Guelph in genetics and biochemistry, she went on to study for four years at the Canadian College of Naturopathic Medicine. Following Board exams, she became licensed to practise in Ontario. Naturopathic treatment is covered by extended health care plans, but not by OHIP.

"Diet is the cornerstone of my practice" she says. "If you don't change, you won't improve." She

often prescribes a cleansing diet, such as a brown rice diet, to cleanse the system, especially for women experiencing PMS (premenstrual syndrome) or menopause. The top five food intolerances are dairy, wheat, eggs, soya and corn. Through an "eliminate and challenge" approach, she can identify foods that are damaging a patient's wellbeing.

Cancer, she reports, is 90 per cent diet-related. She advises patients to eat well, do some weight-bearing exercise, moderate their alcohol intake, and stop smoking.



The homeopathic remedies she uses are based on the concept that "like cures like." Arnica, or mountain daisy, for example, would normally cause an aching, bruised feeling. Given after a car accident, however, it would help to take away that trauma.

Other therapies that Kuindersma offers include lifestyle counselling, physical manipulation, and hydro-therapy,

the use of hot and cold water to alter blood flow. She may refer patients to a chiropractor, massage therapist, or psychotherapist on occasion.

The biggest health concerns for women she treats in their child bearing years are the "super woman syndrome", PMS, fibrocystic breast disease, endometriosis, and birth control. Women need 600 to 800 mg of calcium per day to aid bone metabolism. Kuindersma cautions against relying on calcium supplements: you also need many other nutrients such as Vitamin D and Vitamin K for bone development. "You need a balanced diet."

While she urges all her patients to have a medical doctor, she regrets that there isn't better communication between local physicians and naturopathic doctors. "Some are interested, but nobody has given me a big hug. I don't sense any opposition either. Our work should be complementary."


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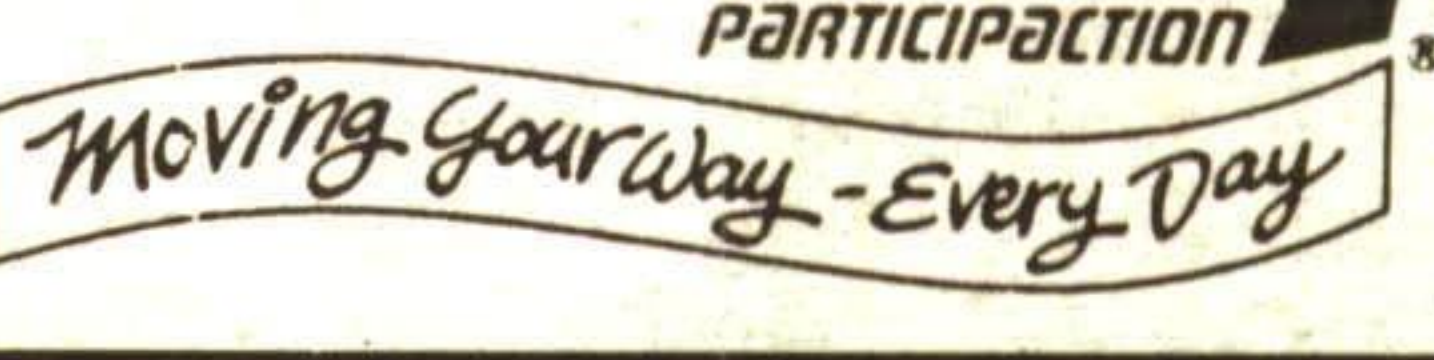
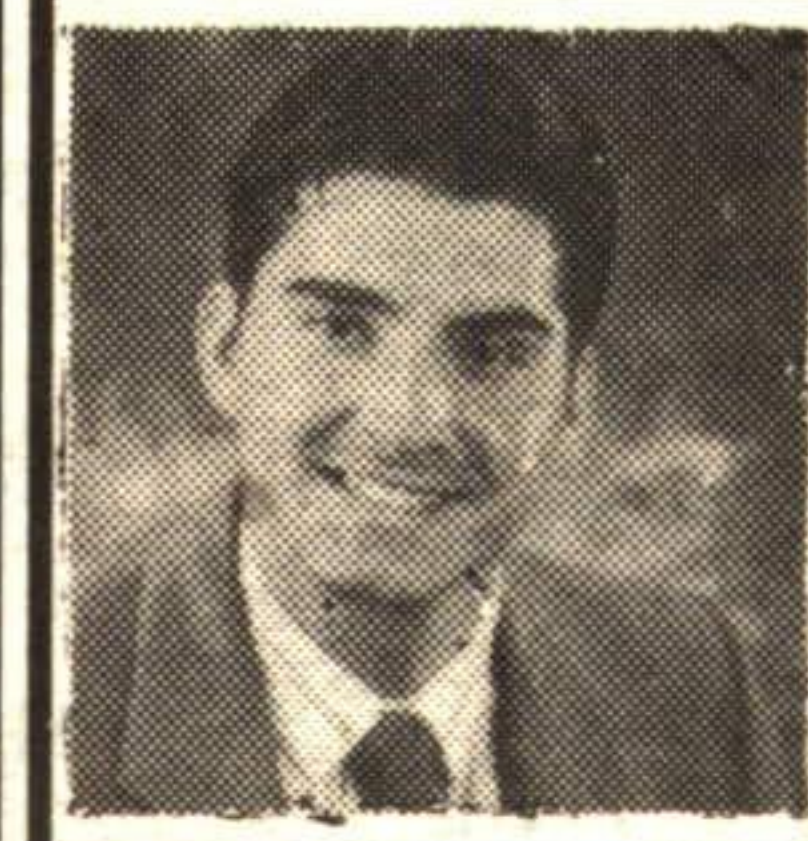
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By Cory Soal  
R.H.A.D.

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