

Naturopathic Medicine Week is set to begin this Saturday

Main focus of naturopathic medicine is to provide alternative health techniques

Although naturopathic medicine has been around for years, not everyone is familiar with the alternative medical treatment.

To shed some light on the subject, March 23 to 31 has been declared Naturopathic Medicine Week across Canada.

"The main focus of naturopathic medicine is to provide alternative techniques, such as acupuncture, homeopathic and botanical (herbal) medicine," said Ajay Lad, doctor of naturopathic medicine, who operates a naturopathic practice in town.

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AJAY LAD

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He said naturopathic medicine differs from traditional medicine by which the "whole person" is examined to find the cause of the illness, not just focusing on the illness itself.

"Let's say someone has a headache. I would determine what is causing the headache and then treat it accordingly. It may be caused by a food allergy."

To promote Naturopathic Medicine Week in Milton, Mr. Lad and two other naturopathic doctors will provide information regarding alternative medical care at Paradise Natural Foods on Laurier Avenue March 23 and 26.

Mr. Lad and Charlene Summerfield will be on hand Saturday from 11 a.m. to 3 p.m. and Erika Ristok will answer questions next Tuesday from 6 to 8 p.m.

"People tend to have a lot of questions about arthritis and cancer and how this form of medicine can help," he continued.

"It's an individual treatment - the same remedy won't work for everyone."

Get active and improve your health

The Halton Region Health Department wants to remind the public to get active this winter to improve overall health.

According to a recent Halton Region report, 'Heart Health in Halton', more than half of Halton residents are inactive and need to increase physical activity to remain healthy.

Those who are inactive increase their risk of developing heart disease, colon cancer, adult onset diabetes and osteoporosis.

To maintain your health, all it takes is 60 minutes of light activity a day, 30 to 60 minutes of moderate activity four days a week or 20 to 30 minutes of vigorous activity four days a week.

Stay active by walking, tobogganing, shovelling the driveway, ice skating or dancing.

For more information on activity resources, contact the Halton Region Health Department at (905) 825-6060, ext. 7887.



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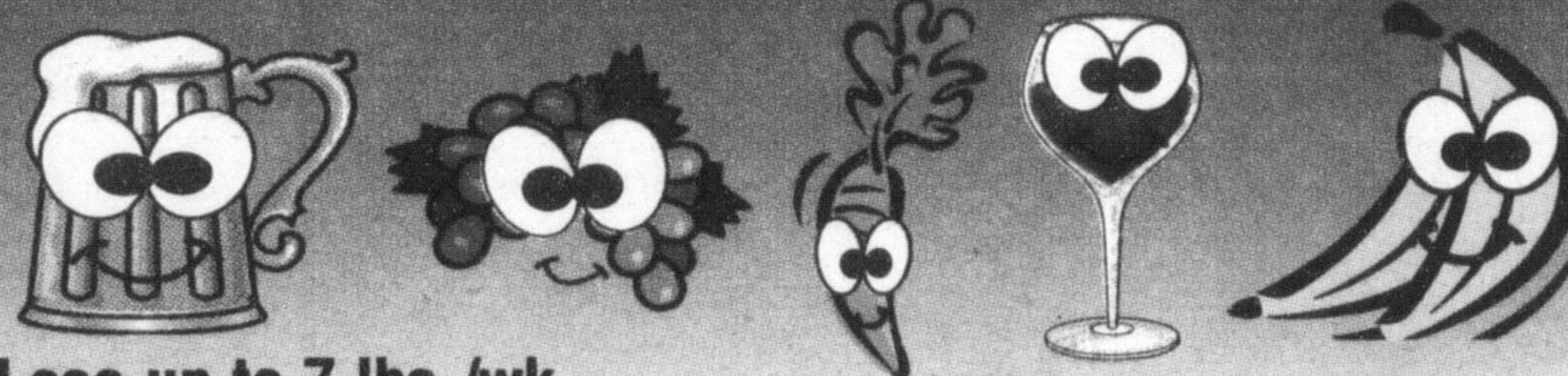
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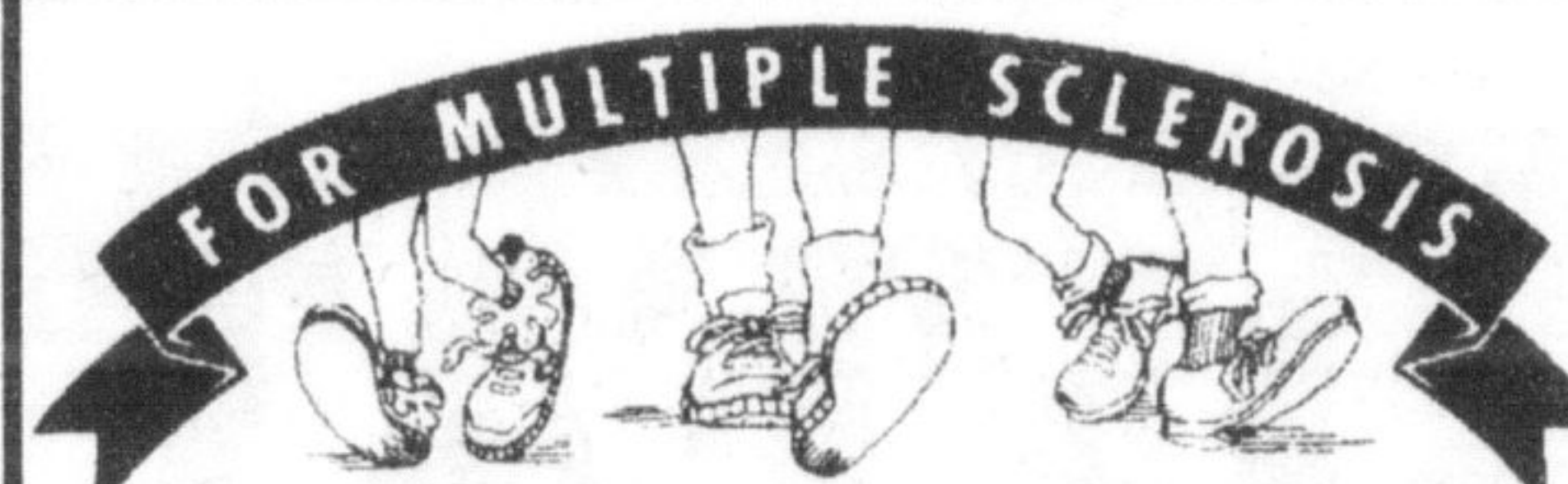
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