



# How Naturopathic Medicine Heals and Restores Hope in Veterans

How the Veterans Restorative Care Center can heal veterans and give them hope.

## **1. Why are naturopathic physicians uniquely situated to be the lead physicians on this project?**

Naturopathic physicians (NDs) are trained to take into account the 4 quadrants of human experience - how we as individuals relate to our health and sickness at an internal, personal level (this is psychoemotional), how we relate to it on an external level (this is the mechanistic aspect of disease, "what is broken,"), on a collective level, which equates as both our relationship to our community, but also how a larger social structure supports us, or doesn't support us (this latter aspect is how a health care system interacts with patient care) - Taking all of these factors into account when approaching patient care gives naturopathic physicians an expert perspective of how to find solutions for patients who are not being served adequately by the current conventional health care system. Often, there are multiple elements which come into play when assessing where these gaps in health care exist, but as a naturopathic physician it becomes very easy to surmount these obstacles, because the actual patient, and not statistics drive treatment protocols.

Naturopathic physicians also are the most willing professionals to cooperate within a dynamic new model of healthcare - we've always been trend setters and revolutionary thinkers. If it's truly answers, solutions, and cures that you're looking for at Hot Lake Springs, there's no one better suited. Naturopaths are not controlled by any sort of economic interest to push pharmaceuticals or any other treatment modalities. NDs are absolutely concerned with the health of their patients - and the idea that "patients are just non-compliant," is not a good enough answer to why certain treatments don't work - we are always striving to understand patients at the deepest possible level to help facilitate lasting health and happiness in this life.

## **2. How are naturopathic physicians' modalities helpful in treatment of pain and trauma?**

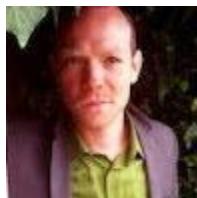
Naturopaths can utilize many tools to help with pain and trauma, but the most powerful tool that naturopaths have for working with these two elements is that we truly understand that pain and trauma are not isolated symptoms, that they interact with many other factors. Addressing all of the factors is necessary for lasting pain relief and reduced trauma. Having said that, many naturopaths feel very comfortable using homeopathy, botanical medicine, and

water therapy to decrease pain. For trauma, NDs are qualified to serve as counselors, and utilize various mental health treatments such as biofeedback, EMDR, hypnosis (if trained), MBSR techniques. NDs are exceptionally qualified to use diet and movement, and thinking in ways which allow individuals to access deeper parts of their disease states.

### **3. What is it about Hot Lake Springs that makes treatment options for veterans unique?**

An inpatient facility makes treatment options unique. Because monitoring of patients is available 24 hours a day, concerns about life threatening complications from natural therapies goes way down. Because of this, Veterans may be offered the only option to get off their medications, and heal through their pain, in a supportive environment. As an inpatient facility, veterans will be able to be monitored and supported around the clock, and with the added benefit of having other veterans there to support them as well, this facility will offer something that may not exist for any patient population to date - except for drug and alcohol rehab programs (which work in much the same fashion)

The use of water therapies is extremely relaxing, and supportive to the nervous system. Being outdoors supports the biorhythms of the body, and we will expect cortisol levels, and stress hormones to decrease during veterans stay. Concentrating on bringing veterans into their bodies, working with other veterans to process through trauma, and connecting to natural rhythms, nutritious food, and movement may sound simple, but it works, and Hot Lake Springs is a pristine location that will help get veterans into a space supportive of the type of healing that they know they need, just can't find anywhere.



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