



# TAKE CONTROL OF YOUR HEALTH

Health Education | Health Tips | Health Recommendations



As a naturopathic physician, I bridge a unique space in healthcare that empowers individuals to take control of their own well-being. **Your health is yours, and you should have the power to make informed decisions about it.**

I constantly ask myself: How can I bring the best care to this community? Education is one of the most effective tools we have. **The principle of Docere—Doctor as Teacher—is foundational to Naturopathic Medicine. And a good teacher is a** **ever a student.**

As a naturopathic physician, I am trained to provide functional diagnostic testing, pharmaceutical, nutraceutical, botanical and homeopathic medicines, perform minor surgery, acupuncture, bone and spinal manipulation, give naturopathic and nutritional counsel, and more. My primary focus is **education, prevention and empowering individuals.**





Here's the truth: **your healthcare is your responsibility.** One of the biggest obstacles I see is the misconception that being "healthy" means you're free of symptoms or that a single visit to an MD guarantees thorough screening. Many disease processes are silent until they reach advanced stages, but with knowledge and routine screening, we can prevent this.

In Canada, taking charge of your healthcare often means investing in preventative screening out of pocket. While government healthcare provides essential services, it doesn't always cover comprehensive preventative measures. Some healthcare benefits may help offset costs, but for true preventative care, proactive investment is key.

**I urge you to invest in preventative healthcare and take control of your well-being. Don't wait until you're 65 and reliant on pharmaceuticals to manage chronic conditions.** Start early—at 20, 25, or 30 years old. If you're older, it's never too late to begin, but we must also teach these principles to adolescents so they can grow into vibrant, healthy adults.

**In this community, we can set a new standard for health. One valuable resource I recommend is the Complete Health Assessment—a fasting serum (blood) laboratory test offered by LifeLabs in Kimberley.** This test, ordered by an ND or NP, provides a thorough health screening for \$350 (plus a \$17 documentation fee). It's an investment in your future health that I believe is well worth considering.

I recommend that everyone undergo this assessment starting at 30 years old and repeat it every 2–5 years, depending on their personal health history, age, and disease risk factors. This is vital information that I want our entire community to know about. Please forward this message to anyone who might benefit from this knowledge.

This panel is available at any LifeLabs location in British Columbia and must be accessed through a naturopathic doctor or physician. If you or a loved one live farther away, I offer telemedicine services and can work with patients across British Columbia to facilitate this testing.

The Complete Health Assessment provides a comprehensive overview of your organ systems and overall health. Here's what it includes and why it matters:

- **Complete Blood Count (CBC+D):** Identifies various pathologies or confirms that none exist—both outcomes are crucial for understanding your health.





- **Inflammation Markers (hs-CRP, WBC, Ferritin):** Indicates whether inflammation is present, a key factor in many chronic diseases.
- **Anemia Screening (CBC-D, B12, Ferritin):** Detects anemia or low iron stores, which can affect energy levels and overall well-being.
- **Thyroid Health (TSH):** Ensures your thyroid is functioning properly, which is critical for metabolism and energy.
- **Liver and Gallbladder Function:** Monitors the health of these vital organs.
- **Kidney Health:** Assesses kidney function and detects potential issues.
- **Electrolyte Balance:** Ensures your electrolytes are within a healthy range.
- **Uric Acid Levels:** Identifies risks for gout, which can severely impact kidney health if left unmanaged.
- **Blood Glucose and Insulin Levels:** Tracks average blood glucose (HbA1c) and fasting glucose and insulin levels, crucial for managing or preventing diabetes.
- **Cholesterol and Lipids:** Evaluates cholesterol levels to address risks for metabolic syndrome and heart disease.
- **Vitamin D Levels (25-OH Vitamin D):** This is especially important for those living in northern climates. Despite extensive evidence supporting annual Vitamin D screening, it is often overlooked in the conventional healthcare system. Maintaining optimal Vitamin D levels is critical for overall health and longevity.

These tests provide invaluable insights into your health, enabling early detection and prevention of potential issues. Taking proactive steps like this is key to achieving HEALTH AND LONGEVITY!

If you have a family history of thyroid disease, we can screen your thyroid antibodies—something that is rarely addressed in the conventional healthcare system. Similarly, if there is a family history of breast or colorectal cancer, we can begin early screening and monitoring of relevant blood markers to stay ahead of potential risks.

To the men and seed-carriers in our community: Did you know that prostate cancer is the leading cancer in men? Routine screening with PSA (Prostate-Specific Antigen) testing should begin at 50 years old—or earlier if you're at higher risk. Are you being screened regularly?





**How many of you truly know that you are in good health because you've been thoroughly and consistently screened?**

Taking your health into your own hands starts with action. Book your appointment today:

📞 Call Marina: [1-250-531-0154](tel:1-250-531-0154)

🌐 Book online: [www.wildhearttandf.ca/book-now](http://www.wildhearttandf.ca/book-now)

*Please note: Initial visits are required for new patients. Return visits are necessary if you have not been to the clinic within the past year.*



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