

Discover Downtown

Advertorial



**HEALING
FOUNDATIONS**
Naturopathic Clinic

Healing Foundations Naturopathic Clinic “Where you become whole again”

Naturopathic Doctor, Heidi McGill has the training, education and clinical expertise to help her clients transition from chronic illness and perpetual fatigue to a life full of energy, joy and vitality. She has helped dozens of people understand their illnesses and redefine health and wellness. Heidi states that, “True health means balance in all aspects of the self - physical, mental, emotional and spiritual.” The approach at Healing Foundations is unique in the larger context of conventional medicine because it is based on six fundamental principles inherent in naturopathic philosophy:

The healing power of nature (vis medicatrix naturae): each person has within them the capacity to heal.

Identify and treat the causes (tolle causam): investigate and remove the underlying causes of disease rather than simply suppressing symptoms.

First do no harm: use natural treatment methods that are safe and effective for

supporting and augmenting the body's ability to heal, while minimizing harmful side effects.

Doctor as teacher (docere): take time to be with each patient and explain the details of their illness in terms they can understand.

Treat the whole person: account for the complex interaction of physical, mental, emotional, social, spiritual and environmental factors affecting health.

Prevention: Encourage and emphasize disease prevention.

Heidi helps people regain their health by applying the science and art of naturopathic therapies. These therapies work to facilitate the *vis medicatrix naturae* in each person and set the stage for a healthier body and mind. Heidi specializes in stress-related illness and hormonal imbalance. She has helped many adults and children overcome mood and behaviour disorders.

Heidi graduated from the University of Guelph with a B.Sc in Nutrition. She attended the four-

year full time program at the Canadian College of Naturopathic Medicine and became a licensed Naturopathic Physician in 2004.

When asked about the future of Healing Foundations Naturopathic Clinic she had this to say:

“Last year Healing Foundations expanded, offering more advanced administrative and naturopathic services, including extensive laboratory assessment techniques. As a small business owner, such a move can be a risk. However, I was willing to take that leap because my patients were clearly showing me that there is a significant public demand for better health care and a shift in people's thinking when it comes to achieving true and lasting wellness. I have the opportunity to be the one to help them achieve that.”

Since its expansion, Healing Foundations has experienced significant growth. When asked about this Heidi comments, “Naturopathic Medicine is helping thousands of people all over North America. The growth of Healing Foundations is simply a reflection of the excellence inherent in the naturopathic system and profession. I plan to continue to be a dedicated student of its principles and effectively assist all those who ask for my guidance in their healing journey. If that means large growth in the coming years then I will welcome it gratefully.

Definition of the core naturopathic treatment methods

Clinical Nutrition examines the relationship between diet and health. Healthy foods are used as medicine to alter the body's internal biological terrain so disease no longer prospers.

Lifestyle Counseling discovers the relationship between habitual ways of living and health and disease, while providing guidance towards more effective lifestyle choices.

Herbal Medicine uses plant substances from Native American and Eastern traditions for their healing effects and nutritional value. They are exceptional in helping the immune system and re-balancing the hormone system.

Homeopathic Medicine uses remedies made from plants or minerals in minute quantities, chosen specifically for an individual's unique way of expressing their disease. When used properly, these remedies have powerful healing effects, bringing balance to the physical, mental and emotional sphere.

Traditional Chinese Medicine and Acupuncture is based on balancing the flow of Chi (energy) and the Yin and Yang aspects of



the body-mind relationship. Acupuncture affects the physical body and the mental, emotional realm, reducing anxiety, depression, pain, stress and fatigue, while increasing energy, boosting the immune system and balancing moods, the circulatory, nervous and hormonal systems.

Healing Foundations will be hosting a seminar this May to help promote Naturopathic Medicine Week (May 4-11).

“What is Naturopathic Medicine?” is being held **Wednesday May 7th 6:30 to 8:00 pm.** The event is meant to give people a better idea of how naturopathic medicine treats health issues and the many benefits it can bring about.

The seminar will be presented by Heidi McGill, N.D. and held at Healing Foundations Naturopathic Clinic located at: 111 Norfolk St., across from the Guelph Public Library.

For more information on Healing Foundations Naturopathic Clinic please call or email. Look for our new website this coming May.

Phone: 519-821-1999

Email: heidimcgillnd@bellnet.ca

Website: heidimcgillnd.com

