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Naturopathic Doctor Bita Doagoo is the clinic director and founder of Eka Health. With her team, the focus is to create an integrative health care setting and resource for clients. Both in private consultations and in corporate settings, clients are empowered to reach their health and lifestyle goals. Bita is also the exclusive Naturopath to Debbie Travis on her lifestyle retreat in Tuscany. For full biographies please visit www.ekahhealth.ca

EVOLUTION IN HEALTH CARE: INTEGRATIVE MEDICINE

EKA HEALTH CONNECTING CENTRE

The *Dr. Oz Show* is one of many that is gaining popularity as educated health consumers gain more interest in exploring how to incorporate modern medicine with traditional and complimentary therapies as part of their everyday lifestyle. With rates of infertility, obesity, diabetes, cardiovascular disease and cancer constantly on the rise – patients are exploring more comprehensive approaches to their health care needs. The benefits of integrative medicine are not limited to patients with a diagnosis. Individuals who believe in preventative health care incorporate this approach to help optimize their current state of health. These everyday imbalances vary from poor sleep and digestive difficulties, to hormonal imbalances and everyday stresses, and through an integrative approach, individuals can help prevent these symptoms into becoming major health issues.

Integrative medicine is bridging this gap. By combining modern medical practices, and diagnostics with traditional therapies such as Chinese medicine & acupuncture, homeopathy, botanical medicine, nutritional supplementation and diet, patients may take advantage of the benefits both approaches provide. Naturopathy is the practice of medicine that uses these complimentary approaches while incor-

porating with the process and systems used in modern medicine. Licensed Naturopathic Doctors (ND) go beyond the diagnosis of symptom and help patients identify the pattern of imbalance that causes them. Physical symptoms may often be a manifestation of mental and emotional pressures and by identifying these stressors, the symptom is not suppressed but addressed at its core. Naturopathy focuses on helping patients use a preventative approach to their lifestyle. With attention on enhancing quality of life, a Naturopath is not a go to for health problems alone. As lifestyle consultants, Naturopaths help individuals enhance their quality of life by providing insight into diet and lifestyle.

Alternative health care has evolved in parallel with advances in modern medicine and today it spans to help patients with areas as varied as primary health care to cosmetic enhancements, and covers the span of pediatric to geriatric care.

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