





180 Dundas Street West
Suite 103
Toronto, Ontario M5G 1Z8
T: 416 598 8898
www.tcnm.ca

Corporate Services




Did you know?



At any given time, 14-20% of employees are struggling with personal and health problems that adversely affect their job performance and productivity.⁽¹⁾



Employee wellness programs save companies money directly through decreased benefit payments, but even more by reducing indirect costs such as low productivity and employee morale, high absenteeism and costs associated with employee turnover (e.g., recruitment and replacement training costs).⁽²⁻⁵⁾



A study conducted by Dr. Roy Shephard at the University of Toronto found that corporate wellness programs returned a cumulative economic benefit of \$500-\$700 per worker per year.⁽⁶⁾



What is Naturopathic Medicine?

Naturopathic medicine is a comprehensive, holistic, individualized approach to improving health and treating illness. Drawing on knowledge substantiated by thousands of years of experience and incorporating modern scientific research, naturopathic doctors use nutrition, herbal medicines, acupuncture and Chinese medicine, homeopathy, lifestyle counselling and other therapies to support and to stimulate the body's ability to heal itself.

Prevention is a priority in naturopathic medicine. When disease is present, the focus of naturopathic treatment is to address the underlying cause of illness rather than simply suppressing symptoms or disease management. In diagnosing and developing a treatment plan, all aspects of a person's life are considered, including physical, mental and emotional state.

Conditions We Treat

Disease Prevention

- stress and fatigue reduction
- weight loss and management
- immune system strengthening
- general health maintenance

Chronic Conditions

- chronic pain
- migraines and headaches
- digestive disorders
- high blood pressure and heart disease
- back pain
- diabetes and obesity
- arthritis and osteoporosis
- allergies and environmental illness
- eczema, psoriasis and acne
- anxiety, depression and insomnia
- candida-related complex
- fibromyalgia and CFS
- thyroid disorders

Acute and Recurring Conditions

- colds and flu
- ear, sinus and throat infections
- musculoskeletal injury

Women's Health

- PMS and menstrual disorders
- menopausal symptoms
- fibrocystic breast disease
- prenatal and postnatal care
- infertility
- endometriosis and uterine fibroids

Men's Health

- BPH and prostatitis
- erectile dysfunction

Children's Health

- asthma and eczema
- allergies and food intolerances
- ADHD

Why Choose Toronto-Centre Naturopathic Medicine?

1.

Prevention is a key aspect of a corporate wellness program. Naturopathic medicine considers prevention a priority in any treatment plan and even counts it among one of its Five Guiding Principles:

1. Do no harm.
2. Address the root cause of disease.
3. Co-operate with the healing powers of nature.
4. Heal the whole person through individualized treatment.
5. Teach the principles of healthy living and preventative medicine.

As an example:

Recurrent colds and the flu treated using conventional medicine often means that workers attend work ill and as a result are unproductive. Typical treatment involves the use of decongestants, sleep aids and possibly antibiotics (symptom management). Recurrent infection suggests to a naturopathic doctor that the immune system is not functioning optimally. The goal of treatment would be to resolve the acute infection, but more importantly to address the factors contributing to depressed immune function. The next step would be to develop a plan combining stress management, diet, exercise, botanical medicines and other treatment modalities as required. With prevention as a goal under naturopathic treatment, employees become ill less often. This reduces lost productivity for your company and eliminates the need for "disease management".

2.

Naturopathic medicine is well suited to address the most prevalent types of injury experienced in the North American workplace (i.e., heart disease, back and repetitive strain injury, respiratory illness, digestive problems, cancer and stress-related illness).⁽⁶⁾



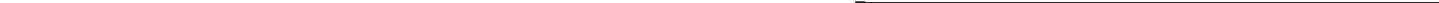
3.

According to employee wellness experts, the activity that yields the greatest benefit in the context of a wellness program is the participation of health promotion counsellors who develop rapport with employees and discuss with them their individual health issues.⁽²⁾

Individualized attention and treatment is another of central tenet of naturopathic medicine. A visit with a naturopathic doctor very closely parallels an appointment with a health promotion counsellor. It involves a relaxed meeting (30 to 60 minutes) in which the patient's unique health concerns are addressed.


4.

Our affiliation with Bally Total Fitness and lecturing experience allows us to offer a variety of corporate wellness programs and services. Programs include regular lectures to educate and actively encourage employees to pursue wellness, exercise training in a fully equipped facility, as well as treatment and consultation services from naturopathic doctors and personal trainers.





Did you know?

Prevention is an important component of any employee wellness program. Employee wellness programs that take a preventative approach to health-care pay for themselves two or three times over each year by redirecting health costs.⁽⁴⁾



Employees value wellness programs. A survey at Northern Telecom in Richardson, Texas found that 91% of employees believed that their wellness program improved their quality of work life and reduced stress.⁽⁷⁾

For more information on the role of wellness in the workplace, contact us for case study examples.



Training and Regulation

A naturopathic doctor's training encompasses a minimum of three years of university education, including standard pre-medical prerequisites followed by a four-year, full-time course of study at one of six recognized North American colleges of naturopathic medicine. Training includes studies in basic medical sciences, diagnostic and assessment skills, therapeutic techniques and 1500 hours of clinical internship.

In order to become licensed to practice naturopathic medicine in Ontario, graduates must successfully complete two sets of standardized North American examinations and one set of provincial licensing examinations.

In Ontario, naturopathic doctors are regulated by the Board of Directors Drugless Therapy – Naturopathy under the Drugless Practitioners Act.

Dr. Du (pronounced “Yo”) La, B.Sc., N.D.

Du (Yo) La is a licensed naturopathic doctor. She has a Bachelor of Science degree in Human Biology and Physiology from the University of Toronto and is a graduate of the Canadian College of Naturopathic Medicine.

Du practices naturopathic family medicine with a focus on traditional Chinese medicine and acupuncture, nutrition and herbalism. She completed an acupuncture internship at the pediatric neurology clinic at Mackay Memorial Hospital in Taipei, Taiwan and training in advanced clinical herbalism and Suikodo therapy. Du is certified in bowen therapy by the Bowen Therapy Academy of Australia and in mind/body medicine by the Mind/Body Medical Institute, an affiliate of the Harvard Medical School Department of Continuing Education.

Du is an active member of the Ontario Association of Naturopathic Doctors, the Canadian Association of Naturopathic Doctors and the Association of Perinatal Naturopathic Doctors.

Dr. Jonah Lusic, B.P.H.E., N.D.

Jonah Lusic is a licensed naturopathic doctor and a graduate of the Canadian College of Naturopathic Medicine. He has a Bachelor degree in Physical and Health Education from the University of Toronto.

Jonah's main areas of clinical interest are nutrition, botanical medicine and homeopathy. His training includes courses in advanced clinical herbalism and in Suikodo therapy. He completed an acupuncture internship at Mackay Memorial Hospital in Taipei, Taiwan. Jonah has received training and certification from the Bowen Therapy Academy of Australia and the Mind/Body Medical Institute, an affiliate of the Harvard Medical School Department of Continuing Education.

Jonah is an active member of the Ontario Association of Naturopathic Doctors and the Canadian Association of Naturopathic Doctors.

On-site Naturopathic Care

If employee interest is sufficient, we can arrange for on-site appointments at your company location.

Lectures

Here are a few of our one-hour lectures:

- naturopathic approach to stress and insomnia
- natural alternatives in the treatment of heart disease
- arthritis without drugs
- safe, effective weight management
- optimizing immunity
- understanding food labels
- nutrition for the whole family
- celebrating pregnancy

Lecture attendees are provided with a comprehensive note package (PowerPoint format) on the topic presented. We are continuously adding lectures to our series and are also prepared to customize presentations the specific needs of your organization (e.g., prevention of back pain and smoking cessation). Please contact us for a complete list of our lecture series.

Complimentary Lecture

We can present a complimentary “brown bag” lecture from our lecture series to introduce your employees to our services.

References

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