

## Naturopathic Doctors treat many

### conditions including:

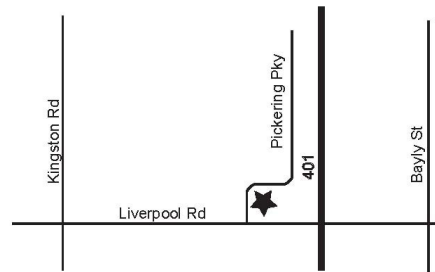
- Colds & Flu
- Skin Conditions
- Fertility Challenges
- Allergies & Sinusitis
- Weight Management
- Cholesterol Regulation
- Cardiovascular Support
- Headaches and Migraines
- Arthritis & Joint Problems
- Sports Injury Management
- Osteoporosis & Osteopenia
- Anxiety & Mood Imbalances
- Cancer Prevention & Support
- **Men's Health:** prostate health, erectile dysfunction, etc.
- Detoxification/Cleansing Protocol
- Digestive Problems & Gastrointestinal Conditions
- **Women's Health:** endometriosis, menstruation problems, PCOS, PMS, pregnancy support, etc.

### Also available:

- **Cosmetic Acupuncture (non-surgical face lift)**
- **Cellulite Acupuncture**

## Santé Clinic Hours

Monday	9:30 AM—7:30 PM
Tuesday	9:00 AM—8:30 PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30 PM
Saturday	8:30 AM—4:30 PM
Sunday	10:00 AM—2:00 PM



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# Naturopathic Medicine

Dr. Michelle Peters  
BHSc, ND

Naturopathic Doctor



# Naturopathic Doctor

Dr. Michelle Peters, BHSc, ND

Dr. Michelle Peters, BHSc., ND, currently maintains a family practice at Santé Group HealthCare.

Dr. Peters attended the University of Western Ontario where she earned an Honours Bachelor of Health Sciences degree.

Following this, she completed the four-year post-graduate program at the Canadian College of Naturopathic Medicine (CCNM).

Dr. Peters is a licensed Doctor of Naturopathic Medicine registered with the Board of Directors of Drugless Therapies (BDDT-N).

She is a professional member of the Ontario Association of Naturopathic Doctors (OAND) and the Canadian Association of Naturopathic Doctors (CAND).

Dr. Peters feels that Naturopathy is an effective, integrative medicine that supports the healing process and addresses the causes of illness while also alleviating symptoms in order to promote a better lifestyle. Naturopathic Medicine can provide patients with an alternative form of health care or can be integrated to complement and support current medical treatment.



If you would like a private consultation, please contact **Santé Group HealthCare @ 905.250.1322** to book your appointment.

## Treatment Perspective

### Clinical Nutrition and Nutraceuticals

Clinical nutrition is the science that prescribes individualized diet changes and nutraceuticals (natural supplements) for optimal health promotion and disease treatment following an assessment of daily eating habits/diet. Diet changes may be needed in the case of potential food sensitivities which can affect optimal functioning of the body. The signs and symptoms are not as pronounced as food allergies, but are more subtle and varied depending on the individual.

Some symptoms of food sensitivities may be: Headaches and joint aches; chronic indigestion (bloating, burping, gas, heartburn); irregular bowel habits (constipation, diarrhea, inflammatory bowel); skin aggravations (acne, eczema, psoriasis); changes in energy (fatigue, sluggishness, hyperactivity); mood changes (irritability, anxiety, dullness); respiratory system symptoms (sinusitis, excess phlegm, asthma).

Individualized attention to diet can optimize your energy, sleep, and lifestyle, but in many cases diet supplementation may be required.

Nutraceuticals can be used to assist when a vitamin or mineral deficiency is present due to inadequate diet, illness, and/or depletion by a medication. Many common symptoms, such as PMS, fatigue, and inability to focus, may be due to vitamin or mineral deficiencies. Nutraceuticals can also be used at higher doses to act at a therapeutic level, as in the case of osteoporosis or mood imbalances. They can be used in place of medications and also to support current medication regimens.

Naturopathic Doctors are knowledgeable in drug-nutrient interactions, as well as nutrient-nutrient interactions! Taking the wrong vitamins and minerals can negatively affect your health. It is important to consult with a naturopath before taking nutraceuticals (supplements).



## Cosmetic Acupuncture &

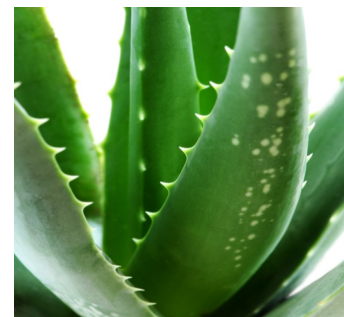
### Cellulite Acupuncture @ Santé

Dr. Peters addresses various aesthetic concerns of aging with cosmetic acupuncture and cellulite acupuncture.

Cosmetic acupuncture is a virtually painless, non-surgical alternative to reduce signs of aging such as wrinkles, sagging skin, and dark circles under the eyes. Cosmetic Acupuncture is a natural, customized rejuvenation treatment for the face and neck that is designed for patients to look and feel younger. It is known as a non-surgical facelift.

Dr. Peters focuses on individualized, holistic treatments to restore and maintain optimal health and wellness by utilizing the following natural therapies:

- Naturopathic Medicine
- Cosmetic Acupuncture
- Cellulite Acupuncture
- Botanical Medicine
- Homeopathy
- Hydrotherapy
- Lifestyle Counselling
- Clinical Nutrition and Nutraceuticals



Free 15 minute Consultations available to discuss how Naturopathic Medicine can benefit you.

Naturopathic services are covered by most health insurance plans. Please check with your provider.