

What is Naturopathic Medicine?

Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care. Naturopathic physicians cooperate with all other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate.

What a patient may find different in a visit with a naturopathic doctor:

- * The amount of time the doctor spends with you—especially during a first-time visit. A naturopathic doctor does a more thorough intake process than you may be used to, and may ask many questions about your eating and sleeping habits, your work, your personal and family life and your daily routines.
- * The naturopathic doctor's approaches to treatment may include some therapies that you haven't heard of before yet they are biased in sound science and evidence based healthcare.
- * Individualized treatment plans are developed by naturopathic doctors for each patient, based on their particular health status, case history and needs.
- * The doctor's focus on prevention through health promotion as opposed to disease management. Your doctor may recommend lifestyle modifications by changing your diet or daily routines as a way to prevent illness or lessen the effects of an existing health problem.

Our Philosophy

At Holistic Therapies LLC our care plans begin with the traditional medicine standard of care, much like you would experience in a general practitioner doctor's office. We then blend in elements from both Western and Eastern health philosophies, while observing the Six Principles that guide Naturopathic Medicine. From this viewpoint we are then able to offer a vast number of treatment options, tailored to your specific case and background.

Holistic Therapies LLC Naturopathic Health Center focuses on preventive health and anti-aging strategies. We work with diet, nutrition and lifestyle therapies using state of the art lab assessment to create custom health plans.

Holistic Therapies is dedicated to promoting wellness by supporting the body's natural ability to heal itself. As Naturopathic Doctors, we are compassionate and dedicated to acute and chronic care benefitting the whole family; from babies to grandparents.

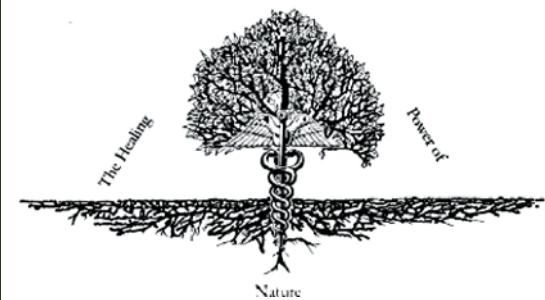
Both Dr. Shawna and Dr. Jeffrey Kiker graduated from the National College of Natural Medicine in Portland Or., where they trained in Naturopathic medicine, Obstetrics, Women's Health and Hormones and IV Therapy, Environmental, Detoxification and Heavy Metal therapies.



Member Evergreen Chamber of Commerce

Holistic Therapies LLC

The Healing Power of Nature



Office Hours & Appointments

Mon– Fri 12 pm– 6 pm
or
By Appointment

Home Visits Available

1301 Bergen Pkwy, Unit C
Evergreen, Co 80349

www.HolisticTherapies.us
Email: info@holistictherapies.us

(303)679-3402

Maximum Health and Wellness For You

What do we offer?

Clinical Nutrition – food allergy testing, management, replenishment

Lab Work- Basic blood analysis, Hormone analysis, Thyroid, Heavy Metal Analysis

Homeopathy Acute and Constitutional Homeopathic Vaccine Schedules

Physical Medicine– Body work for optimal health and mental clarity.

Botanical Nutrition- herbal formulas specific to each individual

Wellness and Annual physicals

Fertility Consultation and Bio-Identical Hormones– Hormone assessment and replacement

Midwifery– Prenatal Services, Home Births

Environmental Detoxification- Diet, heavy metal chelation, hydrotherapy

Medicinal Herbs and Homeopathics– Create a custom blend of herbal tinctures and teas. Quality assured and specially blended for each individual.

Monthly classes about health and special topics. Check the website or call for monthly topic.

If you have experienced any of the following symptoms then please schedule an appointment or come by the office for a free consultation.

- Dizziness when standing up
- Trouble sleeping
- Decreased libido
- Unexpected weight loss or gain
- Poor wound healing
- Headaches
- Fatigue after a meal
- Hot flashes
- Mood swings
- Loss of mental focus
- Decrease in energy
- Hair loss
- Body aches
- GI Disturbance



What to expect from an office visit?

Expect to visit with our Doctors for a one hour office visit to fully understand your health concerns. We will review your current state of health, recommend appropriate lab work if needed and do pertinent physical exams.

We work with each patient to develop an individualized treatment that works with your needs and goals, making you an active participant in your health and healing process.

The frequency of contact with your doctor may be more than you are used to. Naturopathic doctors partner with their patients to create an optimal health care plan for each individual, including working with your other healthcare professionals to create your healthcare team.

