

NATUROPATHIC MEDICINE



Whole Person Health
from the
Inside Out

Sereno
WELLNESS & SPA

The future of health technology

What is Naturopathic Medicine?

- A system of medicine that treats the underlying cause of disease.
- The art and science of supporting the natural healing processes of the patient by removing the obstacles to being well.
- Prevention, diagnosis and treatment of physical, mental/emotional conditions.
- Promotion of well-being using therapies that support and enhance overall health.

What is a Naturopathic Doctor?

- In BC, Naturopathic Doctors are trained as general practitioners licensed to provide primary care. The scope of practice for an ND includes: preventive medicine, nutritional medicine, prescription drugs, botanical medicine, homeopathic medicine, manipulation/physical medicine, traditional Chinese medicine including acupuncture, minor surgery, and IV therapy intervention.
- Many Naturopathic Doctors currently work in 'integrative' clinics meaning that they meet their patients with the best of both the conventional, alternative and naturopathic worlds.

How are Naturopathic Physicians trained?

- A licensed naturopathic physician (ND) has completed pre-medicine university training after which they attend a four-year, graduate-level naturopathic medical school and are educated in all of the same basic sciences as an MD, but also study holistic and nontoxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness.
- In addition to a standard medical curriculum, the naturopathic physician also studies clinical nutrition, homeopathic medicine, botanical medicine, psychology, and counseling. A naturopathic physician takes rigorous professional board exams so that he or she may be licensed by a state or provincial jurisdiction as a primary care general practice physician.

- In Canada, further certifications are required in order to prescribe drugs, administer IV therapies, perform injections into joint capsules (prolotherapy), and other bio-oxidative medicine therapies.
- For more information, see www.naturopathic.org or www.bcna.ca



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Naturopathic Services Offered:

- Hormone Balancing (with Bio-identical hormone replacement).
- HCG diet (injectable)
- Food Intolerance/environmental allergy testing
- Diet analysis/protocol recommendations
- Injection Therapies:
 - B12 injections
 - Vitamin IV's for general health/immune boosting (Myer's Cocktails)
 - High dose Nutrition IV's for cancer and autoimmune disease
 - Chelation Therapy IV's
- Pain management injection therapies
 - Trigger point injection
 - Neuroprolotherapy
 - Prolotherapy
 - PRP
- Cleansing/Detox/Depuration Protocols.
- InfraRed Sauna
- Schlerotherapy

Aesthetic services offered by our Naturopathic Doctors:

- Facial rejuvenation injections (dermal fillers)
- Sclerotherapy
- PRP for facial rejuvenation

Weight Loss Strategies:

- Individualized whole food diet/detox plans.
- HCG Diet (23 and 40 day)

Common Conditions seen:

- General Wellness/Prevention
- Food sensitivities and environmental allergies
- Menopause symptoms
- Hormone imbalance
- Infertility
- Depression/anxiety
- Chronic fatigue
- Fibromyalgia
- Weak immune system
- Autoimmune disease
- Cancer
- Gastrointestinal disorders
- Chronic pain

Testing:

- In house blood draw
- Saliva hormone panels
- Urine hormone panels
- Vitamin/Mineral/amino acid blood testing
- Blood type testing

Naturopathic Consult Fees

Complimentary Consultation (15 minutes)

Initial Consultation (60 min) \$150

A comprehensive look at the 'whole person' including the traditional medical intake and physical examination. The patient will always leave their initial appointment with dietary, supplement, and other lifestyle recommendations. Follow up consultations will be determined by the nature/complexity of the case and is on a case-by-case basis.

45 minute follow up \$115

30 minute follow up \$75

15 minute follow up \$40

Diagnostics and Specialty Testing

(This list is not comprehensive and does not include consultation fees.)

Food Intolerance (IgG only)..... \$220

96 foods tested for delayed hypersensitivity reactions which may contribute to symptoms such as seasonal allergies, eczema, gastrointestinal distress, headaches, joint pain and many other health issues. A common test used in our pediatric population.

Food Intolerance (IgG and IgE) \$360

96 foods tested for both acute and delayed hypersensitivity reactions.

Hormone Panels (salivary) \$350

Symptoms of menopause, PMS, and menstrual irregularities interfere with quality of life and relationships. Salivary testing of hormones has become recognized as an accurate method of testing for hormone levels in the tissue. Saliva testing includes estrogen (E1, E2, E3), progesterone, DHEA, testosterone and other parameters.

24 Hour Urinary Hormone Panel..... \$830

Urinary metabolites of various hormones are an accurate method of testing sex hormones, adrenal hormones, and thyroid hormone. Urine hormone testing can also detect imbalances in hormone ratios which may increase risk of breast and other forms of cancers associated with hormone replacement. This test requires a 24 hr collection of urine and is the 'gold standard' for prescribing bio-identical hormones. Pricing includes Initial consultation, hormone panel, follow up, hormone prescription and dietary/supplement advice for optimal health.

Adrenal Stress Index (saliva)\$260

A 4 point cortisol curve and other markers of adrenal function (including blood sugar and immunity) are mapped out using this test in order to assess degree of adrenal and/or chronic fatigue.

Neuroadrenal Testing \$420

Neurotransmitter imbalance met with hormone disruption may cause symptoms of Autism, Depression, Anxiety/panic, ADD/ADHD, Compulsions/addictions, Fatigue, Weight Issues, Cognitive/learning difficulty. This testing can help to identify the imbalances and treat them using natural rather than pharmaceutical intervention.

of Fees

Diagnosics and Specialty Testing *Continued*

Micronutrient Testing \$425

Pioneering researchers in orthomolecular medicine have postulated that 50% of those taking multivitamins are still nutritionally deficient. Nutrient deficiencies have been linked to low immune function which is linked to arthritis, cancer, cardiovascular disease, and diabetes. This is a blood draw that comprehensively tests for levels of vitamins, minerals, amino acids, antioxidants, fatty acids and other metabolites.

Vitamin D 25OH \$70

Even when supplementing 1,000iu to 2,000iu, Canadians tend to have Vitamin D levels significantly lower than the established level necessary for preventing chronic/acute illness, autoimmunity, cancer, and osteoporosis. Check your practitioner to see whether your Vitamin D 25OH screening is covered.

Blood type testing \$25

As made popular by the therapeutic diet treatment "Eat Right for your Blood Type".

Pain Management Injections: *(Does not include consultation fees.)*

Trigger Point/Tender Point Injection Therapy\$80

It is common for skeletal muscles throughout the body to become 'hypertonic' or 'locked up'. Small injection with a tiny needle stimulates blood flow to the affected muscles and also gives the co-factors necessary for extended relaxation.

Neural Prolotherapy (\$100/10cc).....\$100

This technique is used based on the theory that superficial nerves are the basis for chronic pain after injury or overuse. By using a weak Dextrose solution delivered in small injection just under the skin in the area of the pain, the dextrose will 'reset' the nerve dysfunction that perpetuates the sense of chronic pain.

Prolotherapy**Please inquire for pricing**

Prolotherapy or 'proliferation therapy' involves injecting dextrose solution into the ligaments/tendons of an area with chronic pain to act as an irritant for the purpose of strengthening weakened connective tissue and alleviating musculoskeletal pain.

PRP**Please inquire for pricing**

Platelet Rich Plasma or Protein is a method by which the stem cells and growth factors found in your blood are extracted, separated, concentrated and injected back into an area of musculoskeletal injury. Effects of the PRP are felt within 3-6 weeks as the body 're-heals' the areas of chronic pain/inflammation.

Schedule of Fees

Vitamin/Mineral Injection and IV Therapies

B12/B6 Injection**3 for \$50**

For a simple 'boost' to help increase energy, regulate hormones, decrease sugar cravings, and assist with weight loss.

Super B Injection (B12, B6, and B-complex)**\$50**

A larger 'boost' for a longer, more powerful effect.

Myers' Cocktail**\$80**

Named after John Myers MD, this 'cocktail' of Vitamin C, electrolytes, B-vitamins, and trace minerals is a powerful 'boost' for the immune system and those struggling with low energy and a variety of acute and chronic disease. A favorite during cold/flu season and before/after travel.

Myers' Immunity Infusion**\$125**

For those needing a larger dose of vitamins/minerals to assist with immune repair, chronic fatigue, tissue repair, wound healing, collagen rebuilding/restoration, etc.

High Dose IV Vitamin C**\$125**

Research shows that intravenous vitamin C at high doses kills cancer cells in the early stages of cancer by having a pro-oxidant peroxide effect which kills cancer cells while sparing functional immune cells. For those in the later stages of cancer, the intravenous vitamin C protocol may improve quality of life. Research has shown that using the Vitamin C concurrently with chemotherapy or radiation will not decrease the effectiveness of these treatments. Research has also shown that IV Vitamin C seems to augment the effectiveness of chemotherapy or radiation.

Weight Loss Strategies

HCG Diet**23 day.....\$1000**
40 day.....\$1,400

Pioneered by Dr. Simeon, MD in the 1950's, the HCG diet is a medically assisted weight loss plan in which the pregnancy hormone HCG (or human chorionic gonadotropin) is injected while observing strict 500 calorie diet. Pricing includes initial consultation, weekly follow up consultation/weight in/measurements, B12/B6 injection, and post-HCG maintenance.

Aesthetic Services Offered

Vein Sclerotherapy**\$200**

Over 50% of women over 20 years of age suffer from unwanted veins and 80% of these unwanted veins are cosmetic in nature and pose no immediate medical threat. In today's world these visible veins give the impression of either poor health or aging when in fact we can effectively and safely eliminate these veins by injecting a solution into them.

Dermal Fillers.....**Please inquire for pricing and availability**

PRP injection for facial rejuvenation...**Please inquire for pricing and availability**

*Fees subject to change.

April Syko

April Syko, ND Biography

April Syko, ND is originally from Winnipeg, Manitoba. From a young age she had the privilege to be raised with the healthy lifestyle set before her by her athletic parents. In 1999 Dr. April left Canada to pursue a volleyball scholarship at Oral Roberts University in Tulsa, Oklahoma USA. Here she excelled on the volleyball court and in the classroom. In 2004 she graduated with honors from ORU (BSc. Pre-med, biology minor, "Most Outstanding Senior Thesis").

In 2010 she graduated from Southwest College of Naturopathic Medicine in Phoenix, AZ with her Doctorate of Naturopathic Medicine. Post graduate training continued in Seattle, WA at an integrative cancer/family practice clinic where she had the opportunity to see people with cancer and other debilitating diseases live with quality and quantity of life. Here she also practiced family medicine and treated patients with varying degrees of emergent, acute, and chronic conditions. Transitioning from the US back to Canada in 2012, she joined Saunte Medical Clinic in spring 2013.

Dr. April uses all manner of testing (blood work, saliva testing, urine tests, stool samples, etc) to get to the root cause of disease or imbalance. Her 'tool box' of treatment includes: education, nutrition, supplements, pharmaceuticals (including compounded hormones), injection therapies, IV therapies, and acupuncture.



Dr. April has an affinity to the 'mystery-solving' aspect of medicine and derives great satisfaction from seeing people live in abundant health. She encourages her patients to take responsibility for their health and provides them with the education to do so.

In her free time, Dr. April loves to share a glass of wine or coffee with friends, involves herself in church/community activities, and enjoys exploring beautiful BC. Dr. April is also available for speaking engagements both within the general community and corporate worlds.



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