



# HOW TO HAVE MORE ENERGY, BETTER SEX, LOOK GREAT, & BE HAPPY

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WHY SEEING A NATUROPATHIC  
DOCTOR WILL CHANGE YOUR LIFE

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**DR. KEILA ROESNER, BHSC ND**

## Do you feel like something is missing?

Imagine if you could wake up every morning, excited to greet the day, achieve more success than you ever thought possible and still have tons of energy to spend with your family. How would your life change? Who would you be?

You are probably sitting down to read this right now with a few questions in mind. Perhaps you are wondering if there is anything you can do to help your fatigue, insomnia or Irritable Bowel Syndrome. Maybe you have recently been diagnosed with a condition like rheumatoid arthritis, Fibromyalgia or depression and are scared for what your future may hold.

If you are like most of my patients, you are also busy juggling the demands of a family, career, social life and are now recognizing that you have not been on your priority list for some time now.

I get it. I've been there too - overweight, tired, bad skin, irregular periods, losing so much hair and cranky to boot. I used to think that I would have to live with all of these things. Every doctor I saw said I was "normal" and "healthy". And I felt anything but. I wish someone had told me years earlier.

### **You are Not Alone because I WANT to Help You.**

I have helped many people *just like you* to recognize why you are feeling this way and more importantly, what to do about it. We are not talking about a cheap, band-aid solution here, but rather, long-lasting improvement and a powerful sense of satisfaction that comes with knowing that you are seeking the best possible care for yourself and your family.

### **Curious? This first step is so easy, anyone can do it.**

Simply by reading this report, you will gain a better understanding of the health care options available to you and your family. These options will help you achieve lifelong health.



I invite you to sit down, grab yourself a cup of tea, and read on to learn more about Naturopathic Medicine - my secret weapon that transformed the health of me and my family. I'm confident I can help you and your family too.

### **The Medicine that Transformed My Life.**

When I first started looking outside the box for answers, I was very skeptical. I went through pre-med university courses believing that conventional medicine had all the answers. Anything outside of the system was suspicious, a waste of time, or worse, dangerous. Heck, I was well on my way to medical school *but I still felt awful*.

Thank goodness that changed. When I discovered Naturopathic Medicine a light went off in my head! I was so excited to learn that there is a system of highly educated, trained physicians that are more interested at getting to the root of the problem than handing you another prescription and sending you on your way in ten minutes. *For the first time in years I felt like there were answers.*

That is how I began my journey as a Naturopathic Doctor.



### **Good Medicine is Smart Medicine.**

Naturopathic medicine is a system of primary health care that blends the best of modern scientific knowledge and medical diagnostics with traditional healing practices to promote wellness and prevention of illness or disease.

Naturopathic doctors (or NDs for short) like myself address the root cause of your illness *while* helping you to feel better today. Using safe, gentle and effective therapeutics prescribed on an individual basis, both acute and chronic conditions can be improved and even resolved. Your treatment plan will take into account your unique physiological, structural, psychological, social, spiritual, environmental and lifestyle factors.

## The Big Secret behind Naturopathic Medicine:

***You CAN heal your life.***

Your body knows how to heal itself and is telling you every day. You're just not paying attention.

It's not your fault. We are all so busy over-achieving that it seems our last priority is listening. Those nagging symptoms? That's your body's way of saying "**Pay attention, we need a change!**". Most of us don't start looking for answers until our body is *screaming* at us.

### Finally! A doctor that "Get's It"!

Naturopathic medicine supports your body's *own* healing ability. While Dr. Google and helpful health food store staff can sometimes point you in the right direction, you can spend an awful lot of time and money chasing your tail. More importantly, you may be getting sicker while the real cause is going unaddressed.

Naturopathic Doctors can **save you time and money** by helping you efficiently, effectively and expertly identify the obstacles getting in your way. More importantly, we have the experience to guide you every step of the way.

We do this by using an individualized cocktail of treatments that can include:

- Traditional Chinese Medicine and acupuncture
- Nutritional Counseling
- Customized supplementation plans using professional-grade products
- Lifestyle and stress management tools
- Physical medicine including massage, muscle assessment and hot/cold water therapy
- Traditional herbal medicine blended with progressive clinical applications
- Homoeopathics to gently encourage the body to heal with minimal side effects

The bottom line?

Safe, effective recommendations by a skilled, highly trained physician experienced in treating patients similar to you but *tailored to fit your unique goals and your busy lifestyle*. There is no one-size-fits-all here, it is all about you.

## 13 Reasons You Should See an ND

### 1. Health care that goes above and beyond.

- If you have ever been told that you are normal but continued to feel unwell or that it is all in your head, Naturopathic Medicine may be able to provide you with answers.



### 2. Trained primary care provider and natural healer.

- Naturopathic Doctors are trained to recognize early warning signs of illnesses and counsel more extensively than any other health care providers on practical preventative measures to ensure that you stay well. When necessary, NDs will refer you to other health care providers for additional care.

### 3. High degree of personal attention and medical advice tailored *just for you*.

- You can Google a specific health condition or ask the salesperson at a health food store for product recommendations, but ***there is no substitute for a trained medical professional that understands your concern inside and out and who knows your personal and family medical history.***

### 4. Naturopathic Doctors are trained in the use of pharmaceutical medications and natural health products.

- Your family doctor and pharmacist understand pharmaceuticals. Some natural health experts and nutritionists recommend natural health products. Herbalists use botanicals. NDs are the **only** health care providers with extensive clinical training in pharmaceuticals, nutrients and botanical medicine and know how to safely combine them. We give you more options.

### 5. Big picture view of your health and life as a whole with long term follow up.

- You have a life outside of your health concern. You are more than just your menstrual cramps, arthritis, insomnia or "Patient #476 in Bed 3".
- NDs see people throughout their lifespan and consider your health, social, financial, and life priorities when designing your treatment.



## 6. Treating the cause, not just the symptom

- Just as covering up the "Check Engine Light" on your dashboard doesn't solve the issue under the hood, only treating the symptoms of your body's imbalance **never** results in long-lasting cure.
- For example, while taking a laxative in order to have a bowel movement does indeed ensure that you are regular, it does nothing to solve the problem in the first place. Working with an ND you will learn *why* you are constipated, how you can fix the real issue (food sensitivity, lack of exercise, dietary factors, stress, medications etc.) *and* become regular.

## 7. Understand your health in a different way.

- Naturopathic Doctors can provide a different context within which you can view, treat and understand your condition. We review lab work, medications and your concerns but are often looking for different patterns than other health care providers.



## 8. A greater degree of control over your health

- If you are a hands-on person that likes to take a pro-active approach to your family's health, an ND can teach you practical, simple, and effective techniques for handling small emergencies and keeping your family well through all of life's stages and seasons.

## 9. More time talking about you.

- Visits are 30-60 minutes in length, and the focus is on getting to know you, not just your current health concern, so that I can prescribe *treatments that fit with your lifestyle*

## 10. Excellent quality of care and customer service... on time.

- Longer visits + fewer patients mean that you are more likely to see a naturopath when you need one.
- I respect your time and strive to stay on schedule so you can return to your day.
- My goal with each client is to offer exceptional service. I want to make sure you understand what is going on with your body, and that you have access to me between visits to get your questions answered. I strive to

ensure that you have a pleasant experience each time we meet so that you leave feeling empowered about your health and excited to take the next steps.

### 11. More options

- NDs use a combination of nutrition, counseling, supplementation, acupuncture and other traditional healing modalities to offer you a completely unique, individualized experience to improve your health in ways you never thought possible.
- Working with an ND, you will have increased access to laboratory testing which will then be clearly explained to you so that you understand the *why* behind how you're feeling and the steps you can start taking *today* to start feeling better fast.

### 12. Many of our clients experience a dramatic improvement in their overall health and wellbeing within the first few visits.

- It is often as simple as talking to someone who cares about you and how you are feeling. Sometimes it is making adjustments to what you are eating, how you move and how you sleep. Other times, an innovative and highly focused approach to your care is needed. Either way, a Naturopathic Doctor will meet you where you are at so that you can start living the life that you want.

### 13. NDs excel with chronic concerns

- Conventional medicine is great for acute concerns (heart attacks, strokes, gun-shot wounds?) but doesn't stack up so well with chronic concerns. Since the majority of people suffer from chronic issues like diabetes, hypertension, PCOS, depression, asthma, arthritis, IBS, insomnia among many others, NDs can help identify areas of improvement for long term success.

## Who uses Naturopathic Medicine?

Naturopathic medicine is for people of all ages and health histories who want to take their health into their own hands.

Since NDs are primary health providers and are qualified to see and treat everyone, patients range from very young children through to the elderly. The focus is on prevention, however, many patients are looking for support alongside the treatments their family doctor recommends for mood support, digestion, sports medicine, prenatal

and fertility care, and pain management. Others still, are looking for an alternative to traditional medications.

### The 3 Types of Patients I See in My Office:

Wellness Warrior	Looking for Answers	Last Chance-ers
<p><b><u>This is you if:</u></b></p> <ul style="list-style-type: none"> <li>✓ you know that great health doesn't happen by chance</li> <li>✓ you are always actively looking for strategies to keep you and your family healthy</li> <li>✓ you are always trying new workouts, foods, and wellness trends</li> <li>✓ you prefer to work with nutrition, supplements and natural approaches to health</li> </ul>	<p><b><u>This is you if:</u></b></p> <ul style="list-style-type: none"> <li>✓ you have several health concerns that have not been addressed to your standards</li> <li>✓ you want more than a pill. You want to <i>understand</i> why you feel this way.</li> <li>✓ you feel overwhelmed by so much conflicting information</li> <li>✓ you have tried lots of different approaches, and while you continue to learn, you want someone to put it together for you</li> </ul>	<p><b><u>This is you if:</u></b></p> <ul style="list-style-type: none"> <li>✓ you suffer from chronic illnesses like obesity, diabetes, high blood pressure, migraines, PMS, infertility, skin conditions, mood disorders</li> <li>✓ you have tried everything conventional medicine has to offer and <i>still</i> don't feel well</li> <li>✓ you want to combine evidence-based medicine with traditional healing practices</li> </ul>
<b><u>Your health goals:</u></b>		
<p>Optimizing your already great health status by providing evidence-based long-term strategies to keep you looking and feeling great. You expect excellent health and are willing to work on it.</p>	<p>Identifying areas of weakness and capitalizing on what is working in your life - and understanding the difference between "not sick" and "wellness". You are ready for a shift in perspective and a ready to try a different approach.</p>	<p>Providing relief for your symptoms while identifying the barriers to your health - and acting on them right away. You want to improve recovery time, take fewer medications and lower the risk of future complications.</p>
<b><u>Your next step:</u></b>		
<p><b>Book a free 15-minute consultation with Dr. Roesner to discuss your health goals.</b></p>		



## Naturopathic Medicine is for you if:

- ✓ **Yes! I am...** interested in being more than just "not sick". I am looking for increased energy, being free from aches and pain, restorative sleep, a great sex life and stable mood
- ✓ **Yes! I have...** recently been diagnosed with a new condition and am confused by the information overload. I want someone to clarify what I can expect and who has my best interests at heart
- ✓ **Yes! I am...** experiencing chronic symptoms such as insomnia, Irritable Bowel Syndrome, joint pain, fatigue, anxiety that have not been helped by conventional medication or medicine
- ✓ **Yes! I want...** to talk with someone who understands what I'm going through and will support me every step of the way. I don't want to be rushed through my appointment
- ✓ **Yes! I want...** to know the *why* and what I can do to start feeling better today and for good
- ✓ **Yes! I understand...** that health is lifelong process that can mean different things depending on where I am at in my life
- ✓ **Yes! I want...** more than Dr. Google and the health food store recommendations that are not working



## Conditions Treated

Naturopathic Doctors treat people, not conditions. However, I am working with the following conditions with excellent results.

**General Family Medicine** Digestive concerns (Irritable Bowel Syndrome, Crohn's Disease, Ulcerative Colitis), weight management, hormonal conditions (thyroid conditions, diabetes), acne, eczema, psoriasis, high blood pressure, stroke prevention and follow-up care

**Women's Health** Fertility counseling, prenatal care, menopause, PMS, PCOS, endometriosis, sexual health

**Stress-related** Headaches, insomnia, fatigue, low-energy, anxiety, depression, weight gain

**Wellness Care and Age-Specific** Detoxification, immune support, acupuncture, homeopathic protocols; Well-Child and Well-Woman checks

## Working with Dr. Keila Roesner

Once you decide to begin Naturopathic treatment, there are a few steps you can take to get the most out of your experience:

1. Finishing reading this report
2. Like Dr. Keila Roesner ND on [Facebook](#) and Follow on [Twitter](#)
3. Sign up for our [email list](#) on the website
4. Book a [complimentary 15 minute consultation](#) in person to discuss your health concerns. At this time you will get set up as a patient and have the opportunity to fill out the

comprehensive medical intake forms through [the Portal](#), our online patient management tool.



**DR. KEILA ROESNER**

Your Initial Intake is broken into two one hour sessions, typically booked 1-2 weeks apart. These information-rich medical interviews will involve:

- a thorough health history, including your past medical, environmental, gynecological (if applicable), social and family history
- a screening physical exam
- a referral letter to your family doctor informing them of your care and treatments to date if needed, and occasionally requesting additional blood-work

- additional laboratory investigations, if warranted
- a detailed explanation of **The Naturopathic Foundations for Health** - my exclusive system for laying the foundation for great lifelong health
- a Report of Findings, that includes customized dietary, lifestyle recommendations as well as tailored-to-you supplements, acupuncture and follow-up prescriptions

Follow-up visits take place every few weeks or months, depending on your concerns and can last 15 minutes to one hour.

Same day acute appointments for 15 minutes are also available on an as-needed basis



Through [CharmEHR](#) you will have private access to your own unique Patient Portal where you will find summaries of each of your clinical visits, past lab work, recommendations, hand outs and 24/7 access via the Direct Message function to get all of your questions answered.

I strive to make sure each and every one of my patients receive the highest standard of care by combing conventional diagnostics, education and highly individualized treatments specific to your needs. I am happy to work alongside your other health care providers to ensure that you are achieving the health results that you deserve.

### But what about...?

**Training and Credentials of a Naturopathic Doctor** Becoming a Naturopathic Doctor involves:

- an undergraduate degree from an accredited university, typically in pre-med or health studies with prerequisite training in biology, chemistry, psychology, physiology, mathematics
- a 4 year post-graduate degree in medicine from an accredited institution, much like your family doctor, that includes training in diagnostics, laboratory sciences and pharmaceuticals as well as nutrition, Traditional Chinese Medicine (including acupuncture), lifestyle counseling, and many other modalities (unlike your family doctor).
- Three separate licensing exams to ensure competency in all areas of training (NPLEX 1, NPLEX 2, Ontario Board Examinations).
- Naturopathic Doctors in Canada must have a license to in good standing to practice medicine and are governed by the [College of Naturopaths](#)

- Regular continuing education to upgrade skills and maintain competency on an annual basis
- The [Canadian Association of Naturopathic Doctors](#) (CAND) and the [Ontario Association of Naturopathic Doctors](#) (OAND) maintains a registrar of licensed Naturopathic Doctors.

My credentials include a Bachelor of Health Sciences from the University of Western Ontario. I went on to graduate from the [Canadian College of Naturopathic Medicine](#) with a Doctor of Naturopathic Medicine degree. I am a member in good standing with the [Board of Directors of Drugless Therapy-Naturopathy](#), the College of Naturopaths, the CAND and the OAND. I continue to upgrade my knowledge through regular continuing education courses focused on family medicine, women's health and many other topics.

**Scope of Practice** Naturopathic Doctors are trained to provide on-going support for patients with both chronic and acute concerns throughout the lifetime. They are also trained to handle emergency situations and must carry current CPR certifications. During training in Ontario, NDs learn how to perform minor surgery as well (sutures, injections, excisions) and emergency childbirth but current licensure does not allow them to practice these skills in Ontario. Pharmacology is taught in all institutions and NDs are trained to understand how most medications work, and how they may interact not only with other medications but with natural health products. Pharmaceutical prescription rights may become part of the naturopathic scope of practice in the near future. Like your family doctor, NDs can administer some injections and intravenous medications, communicate a diagnosis, order lab work and counsel you on health & lifestyle behaviors to promote health.

**Duration of Treatment** Simply put, the duration of your treatment depends on your concern and how much improvement you would like to see. Naturopathic Medicine can help steer you through all life stages (childhood, prenatal care, stress support as needed, menopause), with both acute (colds, ear infections, post-operative care etc.) and chronic concerns (insomnia, digestive issues, joint pain, anxiety). Many clients seek treatment for a specific concern initially and after experiencing great results, become long time patients and come in on an as-needed basis.



**Supplements** Natural health products are frequently recommended during the course of treatment and are prescribed with your health in mind. I carry a high quality in-house dispensary of products that I have used successfully and that are backed by clinical research for the treatment of specific concerns as a convenience service for my clientele. I also have an online dispensary via [Health Wave](#) that offers next-business day door-to-door shipping for specialty products. I am happy to recommend a similar product from a local health food store however I cannot guarantee the quality or effectiveness of these products.

**My Family Doctor and other Health Care Providers** Regardless of who you are seeing for your health care needs, no practitioner should ever force you to choose between one form of medicine or another. This puts you in an uncomfortable position between someone else's ego and your best interest. You will have the best experience if you seek out health care providers that are open-minded and willingly refer to other practitioners when needed.

I strongly believe that you will receive the best quality of care if you have a health care team, rather than one person in charge of your complete well-being. I frequently recommend seeing a reputable chiropractor, registered massage therapist, acupuncturist, psychiatrist or psychologist or other counselor, osteopath etc as well as your family doctor when warranted.

This chart summarizes some of the main differences between a medical doctor (MD) and a Naturopathic Doctor (ND):

	MD (your family doctor)	ND (Naturopathic Doctor)
<b>Training</b>	Undergraduate degree in health + 4 year medical degree program + additional residency program	Undergraduate degree in health + 4 year medical degree program including internship and additional training
<b>Insurance Coverage</b>	Visits, some lab testing and medications are covered by OHIP	Visits often covered by insurance plans. Lab testing and supplements out-of-pocket
<b>Focus of Care</b>	Focus on treating the symptom, while ruling out major warning signs	Focus on treating the root cause, alleviating the current symptom as needed, ruling out major warning signs



<b>Goals</b>	Goal is disease management	Goal is prevention
<b>Strengths</b>	Medicine excels in crisis situations, not as successful in chronic conditions (focus is suppression, not cure)	Medicine excels at preventing <i>and</i> treating chronic conditions. As primary providers are also equipped to handle non-emergent acute issues.
<b>Length of Visit</b>	Visits often under 10 minutes long	Visits range from 30 minutes - 1 hour
<b>Patient Load</b>	Large patient load, difficult to get to know every patient well	Smaller patient load, emphasis on knowing each patient and their history well
<b>Patient Experience</b>	Passive experience for patients - follow doctor's orders	Hands-on, interactive and proactive approach for patients - collaborate with ND, learn and understand your concern with practical suggestions to improve health as a whole
<b>Training related to health basics</b>	Limited training in nutrition, botanical medicine and natural health products	Extensive three year courses in nutrition, botanical medicine, homeopathics, Traditional Chinese Medicine and natural health products
<b>Pharmaceutical Training</b>	Pharmaceutical training	Pharmaceutical training including interactions with natural health products

**The Cost** Most extended benefits plans cover Naturopathic Medicine consultations, and perhaps laboratory testing. Supplements tend to be extra, however you should check your individual insurer for details. At this time, Naturopathic Medicine is not covered by OHIP.

Ultimately, seeking Naturopathic care is an investment in yourself. Prevention is the best policy and while it may seem counterintuitive to seek care when you are "feeling fine", many symptoms such as fatigue, constipation, insomnia, anxiety and hypertension can begin quite slowly and insidiously and impact quality of life significantly if not addressed promptly.

### So Let's Wrap It Up.

If you are ready to feel better than you have in years and are ready to put yourself first, I can help you. I *want* to help you. Let's take the next step.

Call our office at **Stratford Health & Wellness Centre** at (519) 271-8323 to book your free 15 minute consultation today and sign up for **my email list** to take advantage of our great promotions, local events and free health information.

A better life *is* within your reach.



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