

## HOW HEALTHY ARE YOU?

Most people have mistakenly adopted the view that being *healthy* means not having a particular disease.



You believe you are *healthy* . . . Yet you may still be suffering little or no energy, unwanted weight gain, aches and pains and having to take several different medications.

In fact, many people believe these are just conditions that come along with “getting older”.

At the **Calgary Centre for Naturopathic Medicine** we believe that the body has an amazing regenerative capacity.

We also believe that medicine should not be viewed as either “conventional” or “alternative”.

*Medicine is medicine.*

**“The key to healing is to find out what is preventing the body from achieving optimal function!”**

To that end, we have incorporated the best techniques, therapies and diagnostic tools from all over the world and brought them together in one centrally located clinic.

**Whether you are looking for:**

- \* Supportive cancer therapies
- \* Relief from allergies
- \* Unique and effective medically-assisted weight loss or detoxification programs
- \* Solutions for hormonal imbalances
- \* Relief from immune dysfunction or digestive issues
- \* Or simply an effective way to attain and maintain optimal health that works for YOU . . .

**. . . We will provide you with the solutions!**

## CONDITIONS AND ISSUES

**Dr. Drobot addresses the following conditions and issues:**

- \* Stress Related Illnesses
- \* Digestive Disorders
- \* Menopause/Andropause
- \* Immune Dysfunction
- \* Headaches and Migraines
- \* Chronic Fatigue
- \* Fibromyalgia
- \* Heart Disease
- \* Diabetes
- \* Allergies
- \* ADD/ADHD
- \* Athletic Performance Enhancement
- \* Musculoskeletal Injuries
- \* PMS
- \* Cleansing and Detoxification
- \* Heavy Metal Toxicity
- \* Optimizing Wellness and Prevention
- \* Supportive Cancer Therapies
- \* Nutritional Consultations (using the latest in computer dietary analysis)

### Calgary Centre For Naturopathic Medicine

**200 - 110 Point McKay Cres. NW  
Calgary, AB T3B 5B4**

**(403) 270 - 9355**

**Centrally Located  
Five Minutes From Downtown**

Within the Riverside Club at Point McKay  
Corner of Memorial Dr. & Shaganappi Tr. NW

**[www.calgarynaturopathic.com](http://www.calgarynaturopathic.com)**



**ALGARY CENTRE for  
NATUROPATHIC MEDICINE**

*Sick and tired  
of being  
sick and  
tired?*



*Do you want to  
look and feel your best . . .*

*. . . Attaining optimal health  
and preventing disease?*

### *Doctor of Naturopathic Medicine*

The founder of the Calgary Centre for Naturopathic Medicine is Dr. Jeffrey Drobot ND.



Dr. Drobot graduated from the University of Calgary with a Science degree in Exercise Physiology and then pursued his doctorate degree from the National College of Naturopathic Medicine in Portland, Oregon.

At the completion of his medical degree, Dr. Drobot received academic acclaim by being one of only four of his fellow classmates to graduate from the program with academic distinction. After graduation, Dr. Drobot joined a very busy clinic in British Columbia specializing in the treatment of chronic disease with diverse European medicine modalities.

### **Dr. Drobot is regarded by his peers as a leader in the field of Naturopathic Medicine!**

Dr. Drobot is a leading authority in the fields of European Biological Medicine, chronic and autoimmune disease treatments, detoxification, hormonal imbalance correction and customized sports medicine and nutrition programs.

His love of medicine has evolved into a vast clinical focus treating men, women and children from the youngest to the oldest - all of whom benefit from Dr. Drobot's constant quest for knowledge. This passion for learning has regularly led him to travel the world attending seminars and spending time with the most talented people in medicine.

Dr. Drobot has also written health care articles for a variety of publications, including the Calgary Herald and Alive magazine. He also routinely lectures for major corporations, sports teams and associations.

**If you would like Dr. Drobot to speak at one of your engagements, please contact our office or send an E-mail to: [info@calgarynaturopathic.com](mailto:info@calgarynaturopathic.com)**

At the Calgary Centre for Naturopathic Medicine we offer a vast array of comprehensive services to our patients; all of which include education about how to care for yourself based on your own concerns, needs, time and energy available.

The Centre is also equipped with an in-house laboratory as well as an extensive and highly specialized medicinary. This provides a unique experience for most individuals who have become accustomed to having to make multiple visits to various labs and pharmacies.

### **Our specialized services and treatment programs include:**

- Live Blood Cell Analysis to determine the functional capacity and toxicity of the body
- Electrodermal Food Sensitivity Testing
- Functional Urinalysis to determine levels of vitamins/minerals and bowel health
- Bio-Impedence Analysis to determine hydration and body composition
- Hair Analysis for vitamin and mineral levels
- Salivary Hormone Testing for stress and reproductive hormones
- Heavy Metal Testing to assess for various levels of toxic metals such as lead, mercury, aluminum and cadmium
- Comprehensive Digestive Analysis which includes salivary testing for parasitic infections and digestive function
- Body Chemistry Analysis using urine and saliva to provide you with your unique metabolic functioning pattern
- Food Allergy Screening using just a drop of blood
- Medically-Assisted Weight Loss
- European BioResonance & Allergy Desensitization Therapy



### **Initial Visit:**

This is usually a one hour interview in which testing and other diagnostic procedures are employed to determine the fastest and most efficient methods of attaining your goals. The information we gather at this time will then be used to design a program for you. Your customized program will be one that integrates lifestyle, physical and emotional exercises and supplements to achieve the desired result.

### **Follow-Up Visits:**

Typically a 30 minute follow-up to evaluate the success of the program to date, and the changes to be made in the future. The first follow-up visit is usually one month after the initial visit, and subsequent follow-up visits are in three to six months.

### **Check Your Insurance Coverage!**

Most extended health care plans cover *all*, or a portion of the cost to visit a naturopathic doctor. This invaluable resource may be something that you've always had, but perhaps never used! *Furthermore, Naturopathic consultation fees not covered by your insurance plan can be deducted on your income tax.*



It is important to note that when you purchase dietary supplements recommended by your doctor, they are not considered medical expenses.

**The greatest investment you'll ever make is in your health.**