

Naturopathic Medicine: Timeless, Patient-Centered Principles

In naturopathic medicine, the **body, mind and spirit** are viewed as an integral whole. The symptoms of “dis-ease” are seen as indicators of improper functioning or unfavorable lifestyle habits. A primary goal of treatment includes addressing the underlying cause of illness, and avoiding symptom management. To **restore the natural functioning of the body**, naturopathic medicine embraces this through the use of substances and treatments that facilitate and enhance the body’s **innate healing abilities**.

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

-Hippocrates

What is a Licensed N.D.?

Licensed Naturopathic Doctors (ND) are graduates of four-year accredited naturopathic medical schools and have passed the Naturopathic Physicians Licensing Exam (NPLEX). In Maryland, Licenses for NDs are issued by the Maryland Board of Physicians.

Reasons to Schedule with your Naturopathic Physician:

General:

- Common cold
- Influenza (flu)
- Headaches
- Food allergies
- Wellness visit
- Insomnia
- Sinusitis

Gastrointestinal Health:

- Heartburn
- Celiac disease
- Irritable bowel
- Diarrhea/Constipation
- Candida albicans
- Ulcerative colitis
- Small intestinal bacterial overgrowth (SIBO)

Womens Health:

- PMS
- Menopause
- Cystitis
- Urinary tract infections (UTI)
- Painful menses

Skin:

- Eczema
- Psoriasis
- Hives
- Dermatitis
- Acne

Respiratory:

- Asthma
- Bronchitis

Chronic Diseases:

- Cancer
- Diabetes
- Chronic fatigue
- Fibromyalgia
- Autoimmune disease
- Parkinson’s disease

Musculoskeletal:

- Arthritis
- Sprain
- Strain
- Tendonitis

Mental Health:

- Depression
- Stress
- Anxiety

Cardiovascular:

- High blood pressure
- High cholesterol
- Cardiovascular disease



THE Bodhi Clinic

Wellness:

Wellness is a conscious, self-directed and evolving practice that integrates physical, social and spiritual balance. Wellness requires attention to multiple influences on many levels including the cell, organ, whole organism, family, community, nation and our planet, Mother Earth.

Locations in Ellicott City, MD and Crownsville, MD



410.923.8888
www.BodhiClinic.com

Principles of Naturopathic Medicine

The Healing Power of Nature

Naturopathic medicine recognizes the body holds innate intelligence. This system sets the rhythms of the heart and respiration and organizes internal healing. Given the right environment, the body will establish and maintain wellness.

First, Do No Harm

Naturopathic Doctors (NDs) recognize the process of self-healing. They devise treatments that work in tandem with the body's natural responses minimizing the risk of harmful side effects.

Identify the Cause

Health and "dis-ease" are the result of various factors in our lives. Once identified, we enable patients to remove harmful influences, incorporate healthy choices and restore wholeness.

Doctor as Teacher

NDs build collaborative relationships with patients and their health care team. We offer education and resources, and work in partnership toward sustained wellness.

Treat the Whole Person

Robust health requires a symphony of factors working in tandem. NDs examine the relationship between internal (physical, mental, emotional, spiritual & genetic) and external (social & environmental) experiences, and promote harmony.

Preventative & Wellness

Assessing the individual's risk factors, epigenetics and family history all play a role in a person's susceptibility to disease and/or vital force. Naturopathic medicines can be formulated to enhance the vital force and move the body from "dis-ease" to optimal health.

The Bodhi Clinic helps people achieve cognitive, emotional, social and physical wellness that promotes longevity and balance. For more information and blogs, visit www.BodhiClinic.com.

Getting Started

During the initial visits at The Bodhi Clinic you might notice you're not being rushed through an exam. This intentional practice allows our practitioners to carefully assess your history, genetics/epigenetics and the status of your health. ***Here's how to maximize your time with the doctor:***

What to Bring, What to Expect

The first two visits are critical for the Doctor to truly understand who you are, gather pertinent information and begin formulating a protocol specific to your needs. Kindly bring any medical records, lab results, diagnostics, pathology reports or other relevant information.

This is an opportunity to voice your concerns or current health issues while we get to know you. In addition, the physical exam, review of organ and endocrine systems and naturopathic input on labs help the Doctor devise a plan to move you towards your goals and optimal health. Additional labs or diagnostics may be necessary.

Continued Care

Follow-up visits are scheduled as necessary for health monitoring or in the case of an acute illness. Each patient is unique and we will serve each patient's needs accordingly.



Stephany Porter, ND, FABNO

Patients come first, and wellness requires more interaction than a 10-minute office visit. It's why Maryland native Dr. Stephany Porter chose Naturopathic medicine, with a

specialty in cancer care. Acting as facilitator of the natural healing process, her personalized, patient-centered approach begins by encouraging prevention.

After earning her undergraduate degree, Dr. Porter traveled and explored other cultures and healing techniques. This combined with a family history of cancer lead her to return to school for a Doctorate in Naturopathic Medicine graduating from Bastyr University in Seattle, Washington. After practicing in Montana for six years, she was thrilled to return to her hometown community and founded The Bodhi Clinic in 2006.

In 2007, Dr. Porter received her FABNO (Fellow to the American Board of Naturopathic Oncology) from the Oncology Academy of Naturopathic Physicians. Dr. Porter has sat on many national and state boards and is the past president of the Maryland Naturopathic Doctors Association. She was an integral part of the team which helped secure licensure for Naturopathic doctors in Maryland and is determined to make integrative medicine available to all.

Treatment Modalities

🌿 Botanical Medicine

Herbs have and always will serve as powerful medicines for humans, offering solutions with fewer and healthier side effects.

🌿 Physiotherapy

Helping the body recover from injury, we use varied innovative therapies, including hydrotherapy (use of hot/cold water) to improve balance, strength and functioning.

🌿 Cranial Sacral Therapy (CST)

This gentle manipulation works to restore balance throughout the body by directly accessing the central nervous system and related connective tissue.

🌿 Therapeutic Nutrition – The Art of Eating

We look at each person individually and your current life circumstances to determine the most appropriate nutrient-rich diet.

🌿 Homeopathy

More than 200 years old and practiced around the world, homeopathy is based on the principle of like cures like. Small amounts of natural substances are taken to stimulate the innate healing process.

🌿 Counseling and Stress Management

Mental attitudes and emotional states must work in harmony to achieve optimal health.