

## KRISTIN COX, ND



I was born in Victoria B.C and raised in Portland, Oregon. In 1994 I earned a Bachelors of Science from Pacific University, in Oregon.

I first came to Juneau in 1995, and spent two years here as an AmeriCorps volunteer with SAGA (the Southeast Alaska Guidance Association). After taking a few years off to travel the world, I earned my naturopathic doctorate degree from National College of Naturopathic Medicine in Portland, Oregon in June of 2001.

After graduation I came back to Alaska to spend a year working at the Holistic Medical Clinic in Fairbanks.

I returned to Juneau in October of 2002 to open my own practice, Rainforest Naturopathic Medicine. In 2005 I expanded my practice to include Colonic Hydrotherapy.

## Naturopathic Modalities

**Clinical Nutrition** – A cornerstone of naturopathic practice is that food is the best medicine. Many medical conditions can be treated more effectively with dietary changes and nutritional supplements with fewer complications and side effects.

**Hydrotherapy**- Hydrotherapy is the simple use of hot and cold water to gently influence circulation and stimulate immune function. Colon hydrotherapy is the ancient practice of using water to cleanse and normalize colon function.

**Botanical Medicine** – Many plant substances are powerful medicines that can be used therapeutically. The organic nature of botanical medicines makes them compatible with the body's own chemistry; hence they can be more effective with few toxic side effects.

**Homeopathic Medicine** – Homeopathic medicine is based on the principle of "like cures like." It works on a subtle yet powerful level. The homeopathic remedy gently acts to strengthen the body's healing and immune response to provide a lasting cure.

## RAINFOREST NATUROPATHIC MEDICINE



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# NATUROPATHIC MEDICINE

Modern naturopathic medicine has grown out of rich global medical traditions. Some of its methods have been used successfully in medical practice for thousands of years. Even today, physicians of many disciplines throughout the world use its treatments to treat as well as prevent disease.

Naturopathic physicians practice comprehensive general medicine, and treat a wide variety of acute and chronic illnesses. The foundation of naturopathic diagnosis is a detailed patient history, physical examination, review of medications, and evaluation of appropriate laboratory tests and diagnostic imaging.

Naturopathic physicians use the conventional medical diagnostic framework, while looking for contributing factors in patients' diet, lifestyle, habits, attitudes and constitution.

## Principles of Naturopathic Medicine

### THE HEALING POWER OF NATURE

The body has the inherent ability—the vitality—not only to heal itself and restore health but also to ward off disease. The Naturopathic Doctor's role is to identify and remove agents blocking the healing process, bolster the patient's healing capacity, and support the healthy internal and external environment.

### TREAT THE WHOLE PERSON

Health and disease result from a complex interaction of physical, mental, emotional, genetic, spiritual, environmental, social, and other factors. The harmonious functioning of all aspects of the individual is essential to health.

### FIRST DO NO HARM

The more gentle the therapy, the less disruptive it will be to the patient's whole being. Suppression of symptoms is avoided, as suppression may interfere with the healing process.

### IDENTIFY AND TREAT THE CAUSE

Illness does not occur without cause, and symptoms are not the cause of illness.

Symptoms are an expression of the body's attempt to heal itself. When only symptoms are treated, the underlying causes remain, and people may develop a more serious, chronic condition.

### PREVENTION

Health is a reflection of how we choose to live. I would like to help you recognize your choices and how those choices affect your health. I will assess risk factors and make appropriate suggestions to prevent illness and promote robust health.

### DOCTOR AS TEACHER

The original meaning of the word "doctor" was "teacher". Hence, one of the principal responsibilities of a Naturopathic Doctor is to educate the patient and encourage self-responsibility for health.