

## Naturopathy's sweet spot in healthcare



Have you ever felt “not quite right” or suffered vague, non-specific symptoms, but been told by your doctor they can’t find anything wrong? Until doctors can name your illness, they can’t give you their matching treatment. However, in the meantime your body may be busily heading in the direction of an illness. Wouldn’t it be better to stop that process in its track now before it becomes such a big problem that it can be medically ‘named’?

When your doctor orders blood tests, they are generally only interested when your test results fall outside of their reference ranges.

### Optimal health

Optimal health is actually represented by a much narrower area within these reference ranges. Lets refer to this as the ‘gold zone’. Often this is in the centre, although depending on what is being tested, this may fall towards the top or bottom end of the reference range. This ‘gold zone’ also varies from individual to individual according to things such as your gender, age and genetics. Your Naturopath can advise you where the optimal ‘gold zone’ should fall for you.

When your results are in the red zone, well outside of the reference range, this is when your doctor is fantastic at identifying a disease process and giving you potentially life saving treatment.

The in between, blue zone, which is still within the reference range but not indicating optimal health, is where your Naturopath can work their magic. It is the zone where you don’t feel yourself and know something is not quite right. This is generally your body’s way of letting you know that something is either lacking or out of balance and now is the time to right that before it progresses into something more serious.



So next time you get the all clear from the doctor but you still feel that something is not quite right, take your results to a Naturopath and find out what it feels like to get back into the 'gold zone' of optimal health.