

**Dr. Ruth Marleau**

Naturopathic Physician

For appointments, call (503) 267-8904

*Ruth Marleau, ND, is a 2008 graduate of the National College of Naturopathic Medicine (NCNM) and a licensed primary-care physician.*

**What is Naturopathic Medicine?**

Naturopathic medicine is a holistic medical science based on the belief that the human body, like all living systems, has the innate ability to repair and regenerate itself. Naturopathic medicine seeks to address the root cause of disease, rather than to simply cover up its shifting symptoms. A Naturopathic physician has completed a doctoral program in the science and practice of natural medicine, including thousands of hours of laboratory and clinical work. As a holistic medical provider, a naturopathic physician has access to a wide variety of tools, ranging from the use of nutritional supplements, botanical medicines, specialized diet and exercise plans, to ordering lab tests and writing prescriptions for hormones and pharmaceutical medications. Patients of all ages or stages of disease can benefit from Naturopathic medical care. Some common medical conditions that respond beautifully to naturopathic care include:

- Allergies, hayfever, asthma, chronic sinus congestion
- Digestive distress, IBS, heartburn, constipation
- Skin conditions, eczema, acne, rosacea
- Reproductive concerns of both men and women, menstrual problems
- Back pain, joint pain, arthritis
- Weight gain, fatigue, anxiety and depression

A naturopathic physician uses a Western medical style of diagnosis and charting and is well qualified to interface with your medical doctor for complementary medical care of conditions such as heart disease, diabetes and cancer.

**What to Expect at a Naturopathic Medical Appointment**

A naturopathic physician works in partnership with patients to evaluate the totality of the patient's experience of disease – factors that are physical, biochemical, hormonal, mental/emotional, environmental, ergonomic and hereditary. An office visit often covers a detailed history of a patient's health concern, as well as physical exams, appropriate laboratory testing or imaging and most importantly, a holistic treatment plan tailored to fit each patient's unique expression of disease. In my experience, patients accustomed to conventional medical treatment leave their first Naturopathic appointment feeling surprisingly uplifted, validated and hopeful. As they continue to participate in their own healing, and mark the improvement in their symptoms, they gain a wonderful sense of empowerment in the wisdom of their own bodies. Naturopathic medicine is simply the best investment a person can make in their health and well-being.

As a Naturopathic Physician, I look at my work not just as a "job" but as a lifestyle and philosophy that I've adopted for myself and my family. Many of the common medical

concerns of my patients are the same concerns of my own family and friends. I have seen how holistic care has transformed our lives. I truly cherish the opportunity to share the benefits of natural medicine with you. Some of my particular areas of interest include therapies such as:

- Botanical medicine
- Optimal nutrition and therapeutic diet plans
- Stress management
- Holistic weight loss
- Homeopathy, Bach Flower Remedies and energetic medicines
- Psych-K<sup>®</sup>, a tool for making successful life change

I look forward to working with you wish you joy and good health.

*Dr. Ruth Marleau*

### **Naturopathic Medical Care – Fee Schedule and Policies**

Dr. Marleau prefers to schedule her own appointments and offers a cash-based pricing system. Payment is due at the time of service. We accept Visa and Mastercard, personal checks with ID. Please note that labwork and imaging (if required) are separate, and natural medicines sold onsite are priced in addition to the following rates. Feel free to call with questions – (503) 267-8904.

- New patient consultation, 60 minutes: \$120  
*(special \$60 - 50% off coupon for new patient visits available for a limited time, call for details)*
- Return patient visit (60 minutes): \$90
- Office visit for Psych-K<sup>®</sup> only (60 minutes): \$60
- Basic acute care follow-up (15 minutes): \$35

Naturopathic medicine works as a relationship between you and your physician that develops over time. Most chronic medical conditions will require a series of visits to reach your health goals. After your first visit, we recommend you schedule several visits in advance to take advantage of our package pricing.

#### Package pricing

- Group of 3 scheduled 60-minute return visits: \$243 (savings of 10%)
- Group of 6 scheduled 60-minute return visits: \$360 (savings of 33%)
- Group of 12 scheduled 60-minute return visits: \$540 (savings of 50%)

#### Accessible Naturopathic Care – call for more information

- Low income sliding scale (as determined by 2009 US Health and Human Services Guidelines)
- Full-time student discount (with proof of enrollment)
- Refer-a-Friend program