

# Is naturopathic medicine right for me?

If you are looking for **holistic, natural, and evidence-based support** in any of the following areas, our naturopathic doctors can help!

- Digestive Disorders & Gut Health
- Hormonal Imbalances
- Chronic Fatigue & Sleep Disorders
- Autoimmune Conditions
- Mental Health & Stress Management
- Cardiovascular Health
- Women's Health & Reproductive Wellness
- Skin Conditions & Dermatological Health
- Weight Management & Metabolic Health
- Chronic Pain Management

## Book a consultation today!

Using secure, compliant, video platforms, our Naturopaths conduct thorough consultations that include detailed health intake, symptom review, and support planning—all from the comfort of your home.

Have questions?  
We offer FREE 20-minute virtual consultations!



[clientrelations@luwg.ca](mailto:clientrelations@luwg.ca)



780-886-4345



## Naturopathic Medicine

Expert care for holistic healing



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# What is naturopathic medicine?

Level Up Wellness Group brings professional naturopathic services directly to you, combining traditional and natural forms of healing with modern scientific knowledge. Our licensed Naturopathic Doctors provide comprehensive care designed to address the underlying cause of your health concerns—not just mask your symptoms.

With over 3,000 registered Naturopathic Doctors practicing across Canada under provincial regulatory bodies, naturopathic medicine has established itself as a credible, regulated healthcare service. Our Naturopaths hold credentials from accredited naturopathic medical colleges and maintain good standing with the appropriate regulatory bodies.

## What can I expect?

### Step 2: Personalized Support Plan

*A personalized protocol that may include botanical medicine, supplements, dietary changes, and lifestyle advice*

### Step 4: Ongoing Support and Optimization

*Long-term lifestyle support, self-care tools, and a focus on maintenance and prevention*

### Step 1: Comprehensive Health Assessment

*An exploration of your medical history, family health background, and lifestyle factors including diet, sleep, stress, and physical activity*

### Step 3: Support and Monitoring

*Follow-ups to monitor bio-markers, track symptom changes, assess adherence, and make adjustments*