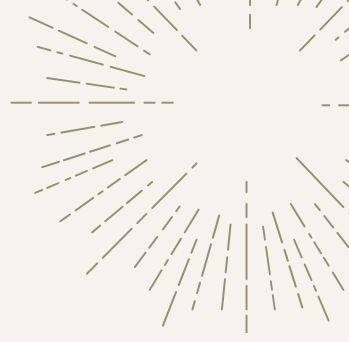


Alternative Wisdom

A guide to take back control of your health.



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Reclaim your health, unapologetically!

These five alternative practices are a start to knowing what and who else is available to treat your health condition.

These questions will help bring clarity, focus and agency to your health needs, desires and outcomes

So, you can then take action and have control of your health.

SELF - AWARENESS

1. What three things about your health are the most important to you now?

2. Are you making changes and nourishing your health?

3. If not, what do you see or feel are your main obstacles?

What will be your first action today, to start improving your health.

EMOTIONS

1. What is your deepest desire for your health?

2. What reasons do you tell yourself, about why you can or not heal your condition?

3. What impact does your health condition have on you emotionally, physically and spiritually?

What action can you take to honour yourself as you heal?

Communication

1. What has been the most challenging aspect when speaking up for your own health?

2. What did you discover about yourself through this experience?

3. How does avoiding these conversations impact your overall well-being?

What is one action you can do today, to confidently ask for the support your health needs?

Are you experiencing a chronic or longterm health condition?

These alternative practitioners can help.

Functional Medicine Doctor

A functional medicine doctor is a practitioner who focuses on treating the root causes of illness, rather than just addressing symptoms. They aim to understand the underlying causes that contribute to a patient's health issues, considering genetic, environmental, and lifestyle factors.

They take into consideration your diet, exercise, stress and environmental exposures, then use this information to create a personalised plan, that may include conventional medicine and alternative or complementary therapies, like nutrition, supplements and stress management.

These are just a few of the conditions they treat.

1. Chronic diseases: Diabetes, hypertension, heart disease, and autoimmune disorders.
2. Gastrointestinal issues: Irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), food sensitivities, and digestive problems.
3. Hormonal imbalances: Thyroid disorders, adrenal fatigue, menopause-related issues, and reproductive health concerns.
4. Mental health: Anxiety, depression, ADHD, and other mood disorders.
5. Metabolic disorders: Obesity, metabolic syndrome, and issues related to metabolism and weight management.
6. Chronic pain: Addressing the underlying causes of persistent pain conditions.

Naturopathic Doctor

Naturopathic doctors (NDs) practice naturopathic medicine, a form of complementary and alternative medicine that focuses on using natural therapies and the body's inherent healing ability to promote wellness and prevent illness.

Naturopathic doctors emphasise a holistic approach taking into account a person's physical, mental, and emotional well-being. Their aim is to identify and treat the root causes of health issues rather than managing symptoms. Naturopathic medicine is guided by several principles:

1. Trusting the body's ability to heal itself and supporting this process through natural therapies.
2. Identifying and treating the root cause.
3. Educating and empowering patients to take an active role in their health.

These are just a few of the conditions they treat.

1. Sleep Disorders: Insomnia, sleep apnea, and other sleep-related problems.
2. Women's Health: Menstrual irregularities, PMS symptoms, fertility support, and menopausal issues.
3. Weight Management: Providing guidance on healthy weight loss strategies and lifestyle modifications.
4. Fatigue and Energy Issues: Addressing chronic fatigue syndrome, low energy levels, and adrenal fatigue.
5. Joint and Muscle Health: Managing arthritis, musculoskeletal pain, and injuries through natural means like physical therapies and supplements.
6. Cardiovascular Health: Providing support for heart health through lifestyle changes, dietary recommendations, and stress management techniques.

Nutritionist

Nutritionists are experts in the field of food and nutrition. They specialise in providing guidance and advice on healthy eating habits, dietary plans, and nutritional requirements to promote overall health and well-being.

They use their knowledge in food and nutrition science to develop individualised plans that meet specific dietary needs and focus on empowering individuals to make informed choices about their diets, leading to improved overall health and quality of life.

1. **Assessment:** Evaluating an individual's dietary habits, nutritional intake, and health goals to create personalised nutrition plans.
2. **Education:** Providing information on proper nutrition, explaining the benefits of certain foods, and offering guidance on portion control and meal planning.
3. **Counselling:** Working with individuals to address specific health concerns, such as weight management, digestive issues, chronic conditions or emotional influences by recommending dietary changes and lifestyle modifications.

These are just a few of the conditions they treat.

1. **Weight Management:** Developing personalised plans for weight loss, weight gain, or weight maintenance.
2. **Digestive Health:** Irritable bowel syndrome (IBS), food intolerances, or inflammatory bowel diseases.
3. **Diabetes Management:** Creating meal plans to regulate blood sugar levels and prevent complications associated with diabetes.
4. **Eating Disorders:** Supporting individuals with disorders like anorexia, bulimia, or binge eating through nutritional counselling as part of a comprehensive treatment plan.

Acupuncture

Acupuncture is a key component of Traditional Chinese Medicine (TCM) that involves the insertion of thin needles into specific points on the body. These points are believed to be along pathways, called meridians, through which vital energy, known as "qi" (pronounced "chee"), flows. The goal of acupuncture is to stimulate these points to restore the balance and flow of qi, thereby promoting healing and relieving various health issues.

Thin, sterile needles are inserted into the skin at precise acupuncture points, varying in depth and technique depending on the condition being treated. Acupuncture is generally painless, though sensations like tingling, warmth, or mild discomfort might be felt upon needle insertion.

These are just a few of the conditions they treat

Acupuncture is known to effectively address various conditions, including:

- **Pain Management:** It's widely used for managing chronic pain conditions such as back pain, migraines, arthritis, and musculoskeletal issues.
- **Stress and Anxiety:** Acupuncture is often sought for stress reduction, anxiety relief, and improving overall emotional well-being.
- **Digestive Disorders:** It can help with digestive issues like irritable bowel syndrome (IBS), indigestion, and nausea.
- **Fertility and Reproductive Health:** Some use acupuncture to support fertility treatments or address menstrual issues and menopausal symptoms.
- **Respiratory Issues:** Acupuncture may alleviate symptoms of asthma, allergies, and sinusitis.
- **Neurological Disorders:** It's sometimes used to complement treatments for conditions like neuropathy and post-stroke rehabilitation.

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a widely used form of psychotherapy that focuses on identifying and changing negative thought patterns and behaviours. It's based on the concept that our thoughts, feelings, and behaviours are interconnected, and by altering these patterns, individuals can improve their emotional well-being.

Core Principles: CBT operates on several key principles:

- **Cognition-Emotion-Behaviour Connection:** It highlights the interplay between thoughts, emotions, and actions. Negative thoughts can lead to negative emotions and behaviours.
- **Identifying Patterns:** It helps individuals recognise distorted thinking patterns (such as catastrophising, black-and-white thinking, or overgeneralisation) that contribute to emotional distress.
- **Skills and Strategies:** CBT equips individuals with practical skills and strategies to challenge and reframe negative thoughts, leading to changes in emotions and behaviours.
- **Anxiety Disorders:** Generalised Anxiety Disorder (GAD), Panic Disorder, Social Anxiety Disorder (SAD), Phobias, and Obsessive-Compulsive Disorder (OCD).
- **Depression:** CBT helps identify and challenge negative thought patterns that contribute to depressive feelings and behaviours.
- **Post-Traumatic Stress Disorder (PTSD):** It assists in managing trauma-related symptoms by addressing distorted thinking and managing reactions.
- **Eating Disorders:** CBT is used to address dysfunctional thoughts and behaviours associated with conditions like bulimia nervosa, anorexia nervosa, and binge-eating disorder.
- **Substance Use Disorders:** CBT can be effective in addressing triggers, cravings, and behavioural patterns associated with substance abuse.

Now that you know what some Alternative Practitioners are:

Here's how to take action

1. Do the work by answering the questions for better insights into your thinking.
2. Decide which specific problem you want to solve.
3. Commit to solving it. Find a different practitioner if it doesn't feel right or you're not being heard.
4. Ask for clarity and more information if you're feeling unsure of the next steps.
5. Contact an Alternative practitioner.

"No one else is responsible for your health, your life or your decisions. Taking full ownership and responsibility means we don't just hope our health was different, instead we start taking action to make it different."

"Empower yourself to speak up and take back control of your health."

Rita De Michele





SUPPORT

If you don't know how to
move forward.
I'm here to help

Listen to my podcast
Beyond Diagnosis or book
a 1-1 coaching session.

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