

2nd World Congress on

Polycystic Ovarian Syndrome

October 05-07, 2016 Orlando, Florida, USA

Analysis of the modernized treatment of PCOS using the naturopathic therapeutic order

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Naturopathic medicine focuses on treating the root cause of disease, not just treating the signs and symptoms. Treating a patient with PCOS using naturopathic medicine would mean that the physician is taking a very detailed history to obtain the totality of symptoms and therefore treating the person as individual, not simply treating the disease. Symptoms that the patient may think are unrelated to PCOS could in fact be the key factors that help to determine the root cause. Naturopathic physicians use a series of seven steps called the Therapeutic Order to devise a treatment plan for patients, similar to how scientists use the scientific method to prove hypotheses. A brief introduction into naturopathic medicine as well as a detailed walk through the seven steps of the naturopathic therapeutic order will demonstrate possible treatment plans for typical PCOS patients. Each patient is unique and a visit to a naturopathic physician would yield a more individualized treatment plan to treat the totality of symptoms, and to treat the whole person, not just the disease.

Biography

Krystal Shelmire is a graduate from National University of Health Sciences, USA. She is one of five Naturopathic Physicians in Louisiana. She uses several modalities including botanicals, homeopathy, hydrotherapy, nutrition and supplements, lifestyle and psychological counseling, physical manipulation skills, minor surgery, and modern diagnostic and laboratory testing. She owns a private practice, Alternative Natural Health Solutions. She is the Naturopathic Writer for "blackdoctor.org", and has been featured on the podcast series Black People Speak.

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