

# Naturopathic Services

## Healing expert advice

*Looking to boost your overall health and wellness?*

*Frustrated with failed attempts to become “healthier”?*

*Concerned about the toll your diet and lifestyle are taking on your body?*

In today’s hectic world, it’s easy to overlook the effects that lifestyle choices are having on your wellness. You may be aware that you could be living better; you just don’t have the knowledge or time to create and follow a new lifestyle plan that would help you make better choices. Fortunately, your Employee Assistance Program (EAP) can support you on the road to health and wellness.

### What’s the connection to Naturopathic Services?

Our Naturopathic Service provides a natural and holistic approach to the maintenance of good health where the individual is seen as a whole person (physical, mental & emotional aspects) and where symptoms of disease are seen as warning signs of the improper functioning of body and lifestyle habits. Our professionals will provide you with information about naturopathic medicine and how it works; the program will teach you practical lifestyle practices that you can use every day.

### How can the service help?

You’ll receive customized health and wellness information and materials on choices related to physiology, diet, lifestyle, and mental/emotional well-being, including illness prevention strategies.

Naturopathic Doctors provide assistance on a wide range of topics and can help you explore what naturopathic medicine can do for you.

### We can help you:

- Address sleep difficulties
- Take steps to age well
- Stay healthy and prevent illness
- Improve digestion
- Boost energy levels
- Recognize mind-body connections



- Make good food choices
- Manage stress
- Balance work and personal life
- Learn how the workplace affects your health
- Live well as a shift worker
- Deal with jet lag
- Build your immune system
- Understand midlife health changes

Your initial session offers an assessment/education component and can include goal definition and action planning. Follow-up sessions ensure you are on track to achieve your goals.

### Get on the path to better health by calling your EAP:

**1 800 387-4765** TTY Service: 1 877 338-0275

Or, for online information and resources, log on to [www.workhealthlife.com](http://www.workhealthlife.com)

*Confidential Naturopathic Services are available to you and your family members as part of your EAP. There is no cost to use the service.*