

Naturopathic Medical Care and Corporate Wellness

Through a regular exercise routine and healthy lifestyle choices that include healthy food and increased water intake, adequate sleep and competent stress management skills, your employees will notice an increase in their energy level and concentration, a stronger immune system, and increased endurance and reduced stress. Furthermore, these will enhance self-image and confidence.

Employers will notice the great results when their employees are healthy. For example, employees will take fewer sick days. Employee satisfaction improves because team morale, commitment and loyalty improve, resulting in better productivity and higher quality performance.

In the area of exercise alone a study commissioned by the Conference Board of Canada for the Canadian Fitness and Lifestyle Research Institute (1999) estimates that a one percentage point decrease in the number of inactive Canadians may reduce annual health care costs for Heart Disease by \$10 million, for Type II diabetes by \$900,000, and for Colon Cancer by \$500,000.

In August 2001 the Globe and Mail reported that Husky Injection Molding Systems Ltd. of Bolton, Ontario spends more than \$4 million annually on employee benefits at a time when most companies are considering cutting back. The program pays for itself in higher productivity and staff retention, and ultimately in lower costs.

What can Naturopathic Medicine do for your workplace? Registered Naturopathic Doctors are licensed and insured by your extended benefits provider to help the individual to optimal health with a variety of health and wellness modalities which include homeopathy, botanical medicine, acupuncture, nutritional, stress management, smoking cessation, weight maintenance, and workplace evaluation programs. Naturopathic Doctors have the flexibility to provide in-house consultations at no extra cost to your employees, which minimizes transit time in comparison to a visit at an off-site clinic. Visits involve extensive assessment and intake procedures and excellent follow-up and program evaluation at regular time intervals. We empower your employees to adopt a healthy lifestyle with the complete care provided by Naturopathic Medicine.

To begin a Corporate Health Program call Heidi or Sean Armstrong today to set up your initial company assessment.

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