



Mary MacDonald
ND, BSc, BComm

**Doctor of
Naturopathic Medicine**

Biography

Mary received her Doctor of Naturopathic Medicine degree from the Canadian College of Naturopathic Medicine in 2006. Prior to pursuing her career in Naturopathic Medicine, Mary received her Bachelor of Science with concentrations in Biology, Psychology, and Chemistry at Dalhousie University in 2003 and her Bachelor of Commerce at Dalhousie in 2001.

Mary brings her enthusiasm and passion for Naturopathic Medicine to every patient visit. She looks forward to working with you to determine the cause of your condition; this will help you to understand your health and increase your quality of life. Through education and empowerment using dietary changes, nutritional supplementation, detoxification, homeopathic medicine, hydrotherapy, acupuncture, and botanical medicine, she is able to affect substantial change in the quality of her patient's lives.

Mary maintains memberships in both the Ontario Association of Naturopathic Doctors and the Canadian Association of Naturopathic Doctors. She is a licensed and Board Certified Naturopathic Doctor.

Treatment Hours

Vary depending on the Clinic you wish to visit—see Clinics section for more information!

Fee Schedule*

Adult

Initial visit \$140
Second visit \$115
Follow up visits \$70
Acupuncture only initial visits \$100
Acupuncture follow up visits \$65

Child

Initial visit \$120
Second visit \$100
Follow up visits \$50

*prices do not include GST

**Most patients with extended health
care coverage are covered for
Naturopathic Services**



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marymacdonald@gmail.com
www.marymacdonaldnd.ca



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Treatment Philosophy

At the Naturopathic Clinic, you will receive up to date, holistic treatment for your acute and chronic health care concerns. Drawing from the wide range of naturopathic modalities, Mary will work with you to find your true state of health through an individualized plan developed with your treatment goals in mind.

Through education and empowerment using dietary changes, nutritional supplementation, detoxification, botanical medicine, homeopathy, acupuncture, hydrotherapy, and stress relief exercises Mary is able to affect substantial change in the quality of her patient's lives.

Your first visit will be approximately 1.5 hours long. In this time, Mary will take a thorough case history, do a screening or complaint oriented physical exam and may analyze urine and blood samples where indicated. Please bring any relevant laboratory results from your other health care practitioners to your first visit. This will help Mary to fully understand your current health status. In your second visit, Mary will gather any more information needed, discuss your treatment plan and options for treatment, and answer any questions you may have. Depending on the treatment plan decided upon, follow up visits will be scheduled as needed.

Treatment Packages

Mary treats all patients on an individual basis and will take the time to determine the proper treatment plan for you. To make it easier for you, she has developed the following treatment packages:

Detoxification Package : a medically supervised package that helps you to shed toxins and spring into a new you with bountiful energy and enthusiasm.

Butt Out! Smoking Cessation Package : a holistic approach to smoking cessation that includes nutritional supplementation & recommendations, acupuncture, herbal support & individual counseling.

Pregnancy Support Package : we provide you with recommendations in supplementation, nutrition, and herbs to enjoy this exciting time.

New Baby Package : includes home visits, nutritional recommendations & proper supplementation so you can spend the time you need to bonding with your baby.

Weight Loss Package : provides you with an individualized strategy designed for you with your weight management goals in mind.

Menopause Support Package : matches the symptoms you are experiencing with treatments that help ease you into this new chapter of your life.



Naturopathic Treatments

Clinical Nutrition: A healthy diet, with balanced vitamins, minerals, antioxidants, fatty acids, fiber & amino acids – is an important tool for your body to manage stress, prevent, and recover from illness.

Botanical Medicine: Botanical medicine is the foundation of pharmacology. Herbs nourish your body and help your body release toxins that build up to cause illness. As natural medicines, herbs are relatively inexpensive, accessible, gentle and easily absorbed by our bodies.

Traditional Chinese Medicine (TCM): is a complete system that has diagnosed, treated and prevented illness for years. When your energy flow or Qi is out of balance, your body cannot adapt to stress, leading to the development of chronic illness & pain. A harmonious flow of Qi will sustain your long-term health.

Homeopathic Medicine: Using diluted doses of natural substances, these medicines stimulate your immune system and rebalance your body and mind. The causes of your symptoms are unique to you so Mary examines this cause before prescribing a homeopathic medicine.

Lifestyle Counseling: Helping patients make healthy choices is an integral and very important part of Naturopathic Medicine.