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Naturomedic.com Health Navigator

THE COST OF GETTING LONG-TERM HEALTH

Visiting a Naturopathic Doctor (ND) for the first time often raises a few questions. One concern many are faced with is the cost. A regular visit to a medical doctor is often for an acute condition that needs immediate attention, while your next visit may not be until a new concern arrives. NDs have a different agenda, acute situations do arise from time to time, however at Naturomedic.com your regular visits are to move you on the health continuum towards health optimization. Ontario Health Insurance (OHIP) covers your short visit to the medical doctor to fix the acute problem but with a Naturopath you are paying for the long-term care that follows a health strategy. You are in full control of your health care, not the government. You will spend more time with your Naturomedic.com ND, than with your MD, have your questions answered and receive a personalized treatment plan. **What you may not know is that Naturopathic visits are covered under some company health insurance plans. Please check your plan to see exactly what you are eligible for.**

For many, you may believe that this is your first experience paying for health care, however have you considered dental visits? Many benefit plans cover little to none of your treatment. We often do not give a second thought to the value of our trips to the dentist; we are paying for their knowledge, training, education and equipment to address long-term prevention of tooth decay. Like Naturopathic Medicine, dentistry is just one example of health care not covered by OHIP but should the health of the rest of your body receive any less attention by equally educated professionals than your mouth? There are many misconceptions in the education and training of Naturopathic Doctors when in fact the length of time in school and cost of tuition are comparable. The following charts demonstrate the equivalence in expenses and training hours.



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	Naturopathic Doctor	Medical Doctor	Dentist
Undergrad Degree (4 years @ 5,150/yr.)	\$20,600	\$20,600	\$20,600
Post-graduate Tuition Cost per year	\$19,500	*\$10,250	*\$14,000
Post-grad degree (4 years)	\$78,000	\$41,000	\$56,000
Average Cost of Living (12,000-18,000 per year)	\$96,000-\$144,000	\$96,000-\$144,000	\$96,000-\$144,000
Average Cost of books, computers, equipment and incidentals.	\$22,000	\$22,000	\$22,000
Total:	\$216,600-\$264,600	\$179,600-\$227,600	\$194,600-\$242,600

**subsidized by the government*

The income for the average person over 8 years should also be taken into consideration and calculated in the total, as this income is lost during training. In the Greater Toronto Area, the average income over 8 years would equate to \$208,000 without a raise; this amount could therefore increase to about \$250,000. The average educational cost for a ND is actually closer to half a million dollars (\$500,000). To incur this much debt, you require more than just dedication for 8 years, you need to have an unending passion for health.

ND vs. MD vs. uND Education

	Naturopathic Medical School		Allopathic Medical School		uND* Non-Accredited Natural Health School
	NCNM	Bastyr	Yale	John Hopkins	
Basic/Clinical Science	1548	1639	1420	1771	272
Allopathic Therapeutics & Counseling	2388	2068	2891 surgery	3391 surgery	0
Naturopathic Therapeutics	588	633	0	0	336
Therapeutic Nutrition	144	132	0	0	176
Total Hrs.:	4668	4472	4311	5280	784

In addition to the training of your ND, you are also paying for the experience of the Doctor and for coming to a professional facility. After being in practice for over 20 years and having over 120,000 patient visits, the knowledge of Dr. Michael A. Prytula ND is passed down to each ND at Naturomedic.com.



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In 10 years, Dr. Mike Um ND, HBSc. has applied this to over 56,000 patient visits. Dr. Erin MacKimmie ND, RN, BNSc. and Dr. Mary Magnotta ND, MSc., HBSc. will also benefit from the wealth of their knowledge. Their expertise has also led to the development of the Health Navigator binder in order to facilitate and expediate results.

Much like the Health Continuum (refer to Philosophy section) you are paying for disease treatment, treatment of functional disorders, disease prevention and health optimization. Let us use the analogy of a car in place of your health. Acute situations, like a flat tire (a symptom), may have happened overnight and are quick to fix. A chronic condition on the other hand did not happen overnight, like a seized transmission where there were years of abuse and neglected service. With a chronic disease there is additional pathology, labs, treatment etc... more than what is needed for keeping the body and the immune system strong and therefore will take longer to resolve the years of neglect. Like a car, your health needs to be maintained on a regular basis to prevent serious illness and increased medication costs. In order to keep your car running longer, it requires regular maintenance, oil changes, tune ups etc... Overtime the car begins to breakdown if not taken care of leading to increased cost, for example to rebuild an engine you may need to spend up to \$3000 dollars. A serious illness can be the equivalent of getting your engine rebuilt, as large scale interventions are required as opposed to regular maintenance. There is a difference between maintenance and correction of an injury or problem. In maintaining ones appearance the average person spends about \$75 for a haircut, \$100 for colouring and \$80 for a manicure and pedicure. These services are not covered by insurance and yet they are necessities that many are willing to pay for without question. Does your health deserve just as much attention and room in your budget as beautification services or your car?

Ultimately you cannot put a price tag on your health. If you wish to compare Naturomedic.com to other Naturopathic offices please consider the following: knowledge, equipment, training, tools, experience, the professional facility and most importantly you are seeing an accredited Naturopathic Doctor and not a so called "uND" (* see previous diagram). Dr. Michael A. Prytula ND and Dr. Mike Um ND, HBSc. are educators of choice for training health professionals in intravenous chelation, ozone and emergency procedures for clinical setting across Canada. These are all valuable factors essential to your long-term health.

References:

1. <http://www.statcan.gc.ca/daily-quotidien/100916/dq100916a-eng.htm>
2. <http://www.cbc.ca/news/business/story/2008/05/15/f-highereducation-tuitionfees.html>
3. <http://www.cbc.ca/news/canada/toronto/story/2008/05/01/tto-census.html>
4. <http://www.cmcc.ca/Page.aspx?pid=339>