



Our focus is on keeping you well. Traditional medicine for eons has historically been similar to today's practice of a naturopath. For example, Ancient Chinese healers were paid to keep the patient well, if the patient became ill the healer didn't get paid. Unfortunately, our health care system wandered away from that basic concept and began paying doctors for the visit and not for maintaining the patient's health and wellbeing. Our doctor, Dr. Orłowski, is a naturopathic physician. There are two basic medical systems in our country today. The conventional medicine we all are familiar with is called allopathic and the more traditional medicine is naturopathic. A naturopath practices a variety of treatment modalities. Dr. Orłowski has received the same basic training as most conventional doctors, the basic anatomy, physiology, and sciences any physician should know. She is a skilled primary care provider, she can also administer acupuncture, traditional Chinese medicine, herbal medicine, and homeopathic remedies. We anticipate within a year Medicare and all insurance companies will recognize naturopaths as primary care physicians you could elect to be your doctor.

The basic difference between conventional medicine and a naturopath is conventional medicine treats the symptoms; whereas the naturopath looks at the underlying cause. For instance, an overweight patient with high blood pressure might be prescribed medication to control the high blood pressure. The naturopath would first try an herb or supplement to lessen the blood pressure and then educate the patient as to the causes of the high blood pressure and recommend changes in the life style to promote good health. The purpose of the interaction is to help the patient achieve and maintain good health.

In Arizona, a naturopath has prescription writing privileges. Most drugs are derived from a natural substance. We first try the natural substances because they have fewer side effects and can in many cases be as effective or more so. But if the patient has a stubborn problem that warrants a traditional prescription we will prescribe that for the patient. Typically, because of the way insurance companies and Medicare reimburse doctors a traditional physician must see 30-35 patients a day, plus maintain comprehensive charts, and all the other things necessary for a modern practice. Consequently, the patient does not receive a lot of the doctor's time. Dr. Orłowski, first of all, listens to her patients. You will appreciate the time you are given during your visit. As it is only through listening that a proper diagnosis can be arrived at or considered. And if your medical issue warrants other specialists Dr. Orłowski will make the appropriate referral.

We look forward to helping you and your family with your medical needs.