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BUSINESS REVIEW

Washington Institute Of Natural Medicine Victoria Goldsten, ND

Naturopathy provides holistic health care by drawing from traditional healing systems. Its primary goal is to facilitate the body's natural abilities to maintain or restore health. Naturopathic theory holds that physical, psychological and spiritual elements in a person's life all contribute to disease.

Naturopathy draws on the healing systems of many cultures including ayurvedic medicine, traditional Chinese medicine, the medicine of Native American cultures, European homeopathic medicine and Greek or Hippocratic medicine. Dr. Victoria Goldsten practices the traditional form of naturopathy which only uses natural theories, leaving the conventional approach to the medical doctors. She believes in treating the whole person, not just the part that's sick. After a complete naturopathic examination, Dr. Victoria Goldsten takes into consideration current health practices, beliefs and the mental, emotional and environmental factors of her client's lifestyles before her final assessment and treatment recommendations. Treatment modalities may include therapeutic manipulation of the muscles such as massage and acupressure, aromatherapy, exercise, meditation, homeopathy, botanical medicine, guided imagery and dietary practices. She doesn't perform surgery or write prescriptions as medical doctors or naturopathic physicians do; although, if surgery or drugs are necessary for proper treatment, she'll refer her clients to another specialist.

Dr. Victoria Goldsten and her staff of practitioners believe in supporting their client's body while it heals itself. They teach their clients healthy practices to help prevent illness and encourage them to take an active role in their health care. Dr. Victoria Goldsten is located in Washington, DC, at 3402 Connecticut Avenue NW, phone (202) 237-7681. She also provides service in Gaithersburg, Maryland, as a naturopathic practitioner. Call for more information or visit www.washingtoninst.qpg.com.