

# Let's Talk Learning Disabilities

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## EPISODE 12

In this Episode, Laurie and Abbey speak with their friend, Christie, an integrated medicine provider about a holistic approach to treating common conditions. Christie is a nurse practitioner with Natural Choice Pediatrics in Frisco, TX.

### **What is Integrative Medicine? (4 min)**

Integrative medicine is a holistic and more natural way of treating a diagnosis or condition. It combines general practice treatments such as prescription medicine, as well as natural remedies like essential oils, supplements, vitamins, etc. Integrative medicine focuses on the root cause of a condition and treats the cause, rather than treating the side effect, or the result. For example, Christie shares about patients who have Eczema, a common condition that is generally treated with creams or medication. Christie mentions that through integrative medicine, they actually dig deeper to find out why the Eczema was caused in the first place. Is it an overpopulation of something in the body? An allergic reaction? etc.

### **What Can Be Treated by Integrative Medicine? (7 min)**

Integrative medicine can be used to treat a variety of conditions, from current conditions, to even preventing illness or maintaining wellness and nutrition. Christie names several conditions treated frequently through integrative medicine are anxiety, depression, stage fright, exzema, gut health, gastro issues, etc.

### **Treatments Used in Integrative Medicine & Testing (9 min)**

Some treatments used in Integrative Medicine may include medication such as antibiotics, as well as vitamins or supplements like fish oils, probiotics, CBD oil and essential oils. They also take a holistic approach to testing to

delve deeper into the root cause of the conditions they are treating. Christie shares about how blood work can be run, as well as fecal testing and even genetic testing, especially in babies and young children.

### **Treating Anxiety & ADHD Naturally (16 min)**

Laurie and Abbey share about the rise in patients that they have seen with anxiety and ADHD and wondered if more and more individuals were seeking out natural remedies for this. Christie confirms that the number of patients she has seen with anxiety and ADHD have grown tremendously and that patients have seen some really great improvement in managing and coping with this through essential oils and CBD oils. She speaks to the quality of the products as well and cautions listeners to do their research on where their products are coming from in order to have a genuine experience with a quality product.

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