



Meridian Integrated
Health & Wellness Center

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Services & Available Treatments

Naturopathic Medicine

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Nutrition counseling
Exercise and Weight Management
Prolotherapy (pain, tendons and ligaments)
IV Therapy
Chelation Therapy for heavy metals
Traditional Chinese Medicine
Trigger Point Injections (B12 injections)
Acupuncture
Physical Manipulations
Detoxification
Sport injury treatment and management
Allergy testing
Food sensitivity testing
Hormone testing and balancing
Children's health (ADD, ADHD, food sensitivities/allergies)
Lab diagnostic testing
Adrenal testing
Neural therapy (scars)
Celiac testing
Thyroid testing
Urine Analysis
Herbal Therapy
Homeopathy
Lifestyle Counseling
Pre and post natal programs and more.

Descriptions of Services:

Naturopathic medicine is an evidence-based, coordinated approach to primary health-care that is tailored to meet the individual needs of each patient. In addition to conventional training in health sciences and diagnostics, naturopathic doctors employ individualized therapies to ensure a holistic, integrated approach to health and healing.

In addition to treating acute and chronic conditions, naturopathic doctors emphasize disease prevention and personal responsibility for one's own health. They treat the patient as a whole person, while symptoms of disease are seen as indicators of improper functioning, imbalance and/or poor lifestyle habits.

The goal of naturopathic medical treatment is to address the underlying cause of disease and to avoid treatments that might induce further harm, either by producing unwanted side effects or by complicating the existing disease process.

Naturopathic doctors employ a wide-range of treatments including:

Prolotherapy- An injection therapy utilizing needles mixed with a solution of dextrose (sugar water) and lidocaine (numbing agent) to build, strengthen and repair tendons, ligaments and cartilage from damaged joints in the body. It also works at stabilizing joints and reducing pain. It is great for patients with chronic pain in joints or muscles or those with chronic dislocations of joints as well. Also a good therapy for those thinking they may need a knee or hip replacement in the future as it may prevent the need for them. It is a very good therapy to try if surgery is the next immediate option as well.

IV therapy- Used to administer intravenous vitamins thus bypassing the livers first pass and thus the depletion of essential nutrients. By administering intravenous vitamins, you get 100% of the vitamins into the bloodstream instead of relying on the digestion to absorb the nutrients. As many people have problems with their gut and absorbing nutrients, often patients are not going to absorb any oral vitamins or minerals. This would be an option.

Chelation- Useful therapy for removal of heavy metal buildup and toxin buildup in the body leading to problems such as cardiovascular disease, cancer, mental fogginess, joint pains, lethargy and more. Chelation is either through intravenous or oral administration and can take months to remove all the heavy metals and restore function. Prior to chelation a baseline lab test is done to determine amount of heavy metals as well as kidney function tests.

Trigger point injections- Great for pain in muscles and tight muscles. Injection involves methylcobalamine (Vit B12 in its most active form) which is a vasodilator in the body and acts to increase blood flow to an area thereby relaxing it.

Physical manipulation- The same types of joint manipulations as your chiropractor. This means using high velocity and low amplitude forces to set vertebrae back into alignment to reduce pain, increase mobility and decrease strain on the nervous system. I usually use other therapies like prolotherapy with this as well as lifestyle counseling, as usually it has to do with poor ergonomics at work and loose tendons around the joints underlying problem.

Acupuncture- Acupuncture is embedded in the concepts of Traditional Chinese Medicine traces back to approximately 200BCE. It aims to correct imbalances in the flow of qi through anatomical locations under the skin. It promotes general health, relieves pain, and can treat and prevent various diseases in the body. Acupuncture involves the insertion of acupuncture needles at specific points on the body to achieve its therapeutic effect. It encourages natural healing, improved mood and energy and overall improved function of affected areas of the body.

Detox- buildup of heavy metals or toxins in the body can create problems such as mental fogginess, joint pains and lethargy. Detoxifying involves using either natural plants (ie. Chlorella) or detoxification kits to help mobilize these toxins and remove them. I like to think of it like a gentle chelation therapy.

Adrenal testing- When chronically stressed and/or in a stressful state your adrenal glands work overtime to produce a stress hormone called cortisol. This has many functions in the body, one is to help cope with stressful situations, but over long periods of time with this hormone in your body it can begin to lower and eventually you will become depleted in cortisol. There are many ways to test, usually you test cortisol in the blood, or saliva, but there are less invasive ways like looking at the pupils and taking an adequate history. When it is determined that adrenal fatigue has occurred, patients will be put on adrenal support and stress support to help manage their stress again and buildup their reserve or cortisol.

Neural therapy- An injection therapy utilizing a local anesthetic, procaine. It is introduced into scar tissue to lessen pain as well as remodel the scar tissue so that it is less prominent and red (good for scars that are large or for scars on the face). When scar tissue is laid down it will grab on to all the layers of connective tissue under the skin as well it will be laid down in a random pattern (unlike normal tissue that only grabs on to one layer at a time and that is laid down in a linear uniform pattern). This tissue then can become irritated over time and begin to cause pain signals, even radiating to other areas of the body (as all underlying tissue is linked in the body). Neural therapy breaks this underlying connection of tissues that are adhered to one another by the scar and allows each layer to slide freely against one another again, thus reducing pain.

Celiac testing- lab test for a gluten protein autoimmune disease which leads to fatigue, pain in the gut, wasting, nutrient deficiency. If positive, patients are put on a strict diet and supplements to help build their body back up.

Thyroid testing- lab test to determine hyperthyroid or hypothyroidism. The thyroid regulates metabolism in our body so when someone is hyperthyroid they will essentially be very “hyper” they will have a fast heart rate, trouble gaining weight etc. and hypothyroid will be very “lethargic or hypo.” and easy weight gain, tired all the time. Supplements or even pharmaceuticals may be needed to regulate the thyroid either way.

Urine analysis- to test for problems associated with the kidneys such as kidney infection or pregnancy.

Botanical Medicine- The use of plants (or substances that come from plants) to treat or prevent disease. Immune-active botanicals, such as Echinacea, strengthen immune functions, while kava can help reduce anxiety. Botanical Medicine is essentially a natural pharmacy. Everything will tend to be gentler than conventional pharmaceuticals as they have a broad spectrum of contents instead of one single component from that plant being concentrated. They are very effective for pretty much every condition and can be made to order depending on that condition.

Clinical Nutrition- Clinical nutrition is the use of vitamin and mineral as well as other nutritional supplementation to address deficiencies, and promote health as well as treat disease. It looks at the

relationship between food and the body and how nutrients are digested, absorbed, transported, metabolized, stored and eliminated.

Homeopathic Medicine- The use of minute amounts of natural substances to stimulate the body's own ability to heal. Homeopathy can be applied and used in correlation with other modalities for a wide range of health concerns, from wellness and prevention, to the treatment of diseases and conditions such as allergies, asthma, chronic fatigue syndrome, depression, digestive disorders, ear infections, headaches and rashes. They work particularly well on children.

Traditional Oriental Medicine- Incorporating Chinese herbology and acupuncture. This can be applied to many conditions such as stress, muscle tension and pain, hormonal imbalances and digestive disturbances among others.

Psychological Counseling- The use of visualization and counseling techniques to aid patients in understanding, explaining and changing their behavior.

Physical Medicine- Using heat, cold, hydrotherapy (water), orthopedic medicine, joint plays, various manipulation and hands-on techniques to aid the correction of stress or trauma induced in muscles, connective tissue and the skeletal system.