

Naturopathic Medicine

You are not your disease. You have arrived at your state of health through many unique factors that your body may be expressing as a particular diagnosis.

Naturopathic medicine is a model of health care in which treatment is focused on disease *prevention* and on *supporting the body's natural abilities to heal*. The least invasive and most holistic modalities are the first choice.

The ultimate goal and focus of treatment is to **successfully identify and treat the cause of the disease** rather than suppressing the body's symptoms, which are signs of a disharmony and not the disease itself.



Licensed Naturopathic Doctors are trained to diagnose and treat all chronic and acute health conditions. The naturopathic approach often requires the doctor to educate the patient about their lifestyle choices as well as their physiology.

Naturopathic medicine is a part of a continuum of care in your overall health. Our services complement and supplement your existing health care.

Dr. Janene Martin, ND

Dr. Janene Martin is a licensed Naturopathic Doctor. Dr. Martin completed her naturopathic doctorate at National College of Natural Medicine in Portland, Oregon. Her practice includes Functional Medical Assessments, lifestyle and nutritional counseling, homeopathy, herbal remedies, and customized supplementation.

Licensed Naturopathic Doctors have graduated from a four-year graduate residential accredited program consisting of 4,590 hours of academic training and an additional 1,536 hours of clinic patient care. In the state of Vermont, where Dr. Martin is currently licensed, the law requires that each Naturopathic Doctor complete extensive postdoctoral board examinations to obtain licensure. The State of Maryland will begin licensing Naturopathic Doctors as of spring 2016. Dr. Martin will receive her Maryland Naturopathic licensure at that time.

Naturopathic Doctors are trained in conventional diagnostic techniques such as physical exams, laboratory testing, differential diagnosis, x-ray and ultrasound imaging, and psychological assessment. In addition, NDs use specialized laboratory tests that assess physiological function, as well as other observational and physical techniques. NDs endeavor to identify disease states in the context of the individual's overall health.

Dr. Martin has received advanced levels of training in diagnosing and managing chronic diseases involving the immune and endocrine systems. Examples of conditions that fall under these categories include diabetes, thyroid disease, hypoglycemia, adrenal insufficiency, depression, migraines, hormonal and women's health issues, and many others.

A patient's overall condition and symptoms are used to guide treatment. However, as a Naturopathic Doctor, Dr. Martin's primary focus of treatment is not on conditions alone but on the patient as a whole.

Free Consultation

Dr. Martin offers a 15-minute free introductory consultation to those who would like more information about Naturopathic Medicine and the services and treatment options offered by her practice. Call (410) 296-4005 to schedule an appointment, or visit us on line at

www.sunlightnaturalhealth.com for more information.

Natural Pharmacy

Sunlight Natural Health Natural Pharmacy features a growing medinary of nutritional supplements, vitamins, herbal tinctures, and other health and nutritional items. We can also place special orders for nutritional products from a variety of top-quality manufacturers, including Apex Energetics, Boiron, Genestra/Seroyal, Innate Response, Integrative Therapeutics, Klaire Labs, Natura, Nordic Naturals, nutraMetrix, OrthoMolecular Products, Standard Process, Thorne, Vitonica, Wise Woman Herbals, Young Living Essential Oils and more.



Services

- ☀ *Acupuncture*
- ☀ *Blood Nutrition Analysis*
- ☀ *Botanical Medicine*
- ☀ *Digestive Analysis*
- ☀ *Homeopathy*
- ☀ *Hydrotherapy*
- ☀ *Massage Therapy*
- ☀ *Naturopathic Medicine*
- ☀ *Nutritional Counseling*
- ☀ *Psychotherapy*
- ☀ *Weight Management*

Ask about our new Wellness Packages!

Practitioner Team

At Sunlight Natural Health, along with **Dr. Martin's naturopathic practice** and the **Sunlight Natural Pharmacy**, you will find a team of licensed professionals who approach your health care from varied holistic modalities. This gives **you** control over the health care decisions that are right for you.

- ✿ **Gina Corso** is a licensed **acupuncturist** and certified **Chinese Herbalist** who offers a balance of traditional and contemporary healing modalities.
- ✿ **Bharati Devkota** is an experienced **classical homeopath** certified in classical homeopathy & a **licensed clinical professional counselor** in the state of Maryland. Bharati has 10 years of clinical experience working with children to adults providing homeopathic support for minor ailments to chronic health conditions. Her clinical expertise in mental health and homeopathy brings a integrative approach for the greatest benefit. Bharati also provides independent Homeopathy & clinical therapy services as desired.
- ✿ **Jessica Luty Kabrhel** is a licensed **psychotherapist** assisting adolescents and adults with personal growth, recovery, and healing.
- ✿ **Kasia Kines** is a licensed **nutritionist** who focuses on environmental aspects of nutrition and offers a holistic nutrition program and detox protocol.
- ✿ **Karolina Tittel** is a nutraMetrix & **Weight Loss Consultant** who coaches groups and individuals in healthy lifestyle behaviors using the **Transitions Lifestyle System**.

- ✿ **Karen Shavin** is a licensed **massage therapist** who offers custom massage utilizing Swedish, deep tissue, myofascial release, craniosacral therapy, lymphatic drainage and energetic techniques to help reduce stress, promote relaxation and relieve muscular pain.



Naturopathic Medicine & Natural Pharmacy



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*Serving the greater Baltimore,
Maryland/Washington DC, and
southern Pennsylvania area.
We offer health care for all ages,
addressing chronic, acute, and
preventive health care needs.*