

## Vital Stream Naturopathy

### Are you seeking ...

- expertise on herbal & nutritional supplements?
- guidance on diet, exercise and life style changes to improve your wellbeing?
- advice and options on natural therapies to improve health and vitality?
- coaching or counseling for integrating mind and body?
- answers to questions about your physician's diagnosis or lab results?
- a doctor who takes the time to listen to you and to explain your options?
- a doctor who considers your physical, mental, emotional & social wellbeing?

### Our Mission

Our mission is to provide informed, effective services for optimizing health, vitality and wellbeing. Our goal is to create a comfortable, safe, environment for you to explore and improve your physical, emotional, mental and social wellbeing. Our philosophy emphasizes the identification and removal of obstacles to wellbeing, support of the body's inherent self-healing ability, natural therapeutics, integration of mind and body, and the role of doctor as teacher to educate and guide you, encouraging self-responsibility for health.



## Our Services

**New Patient Consult:** We will explore your health concerns, needs, health history, health & wellness goals, and identify initial steps for improving your health & wellbeing.

**Natural Health Consult:** Through questionnaires, observation and discussion, we will investigate your current state of wellbeing. We will explore diet and lifestyle changes for removing obstacles to wellbeing, & for preventing at-risk conditions. We may recommend various nutritional supplements, herbs, glandular extracts & medicinal foods for supporting physiological processes, vitality and overall health.

**Homeopathic Consult:** We will take a constitutional homeopathic case, then perform an analysis to recommend a homeopathic remedy.

**Counseling Session:** Counseling is available for various topics and concerns, including cancer survival, life transitions, career transitions, adolescent issues, aging, and various mental, emotional, and spiritual health concerns.

**Coaching Session:** Coaching is available for various health and wellness practices, including meditation, qi gong, yoga, breathwork, visualization, prayer, and intention. In addition coaching is available for navigating the healthcare system, and responding to questions about lab results and diagnoses your medical doctor has previously provided to you. (Copies of your results should be faxed to us at least 24 hours before your appointment).

**Past Life Regression:** This is a mind -body technique for bringing patterns in your attitudes, values and behavior to conscious awareness; for learning more about your inner self; for integrating subconscious facets of your permanent self into your present personality; and for letting go and detaching from unhelpful energy patterns and complexes.

## Naturopathic Medicine

Naturopathic medicine is a system of health care emphasizing wellness, prevention and natural treatments. It is effective in supporting the body's natural healing processes for various chronic and degenerative conditions. It is effective in supporting vitality and wellbeing.

. Among the goals of the naturopathic doctor are the identification and removal of obstacles to cure, support of the body's natural healing processes, and the practice of prevention and wellness.

### Steven Koda, ND

Steven Koda, ND is naturopathic doctor licensed in Vermont, a past board member and Treasurer of the Washington Association of Naturopathic Physicians, and a current member of the American Association of Naturopathic Physicians and New York Association of Naturopathic Physicians. His doctoral degree is from Bastyr University.

Dr. Koda is available to speak to your community organization, spiritual group, or company gathering on wellness, prevention, natural therapies and other health & lifestyle topics.

### Our Website

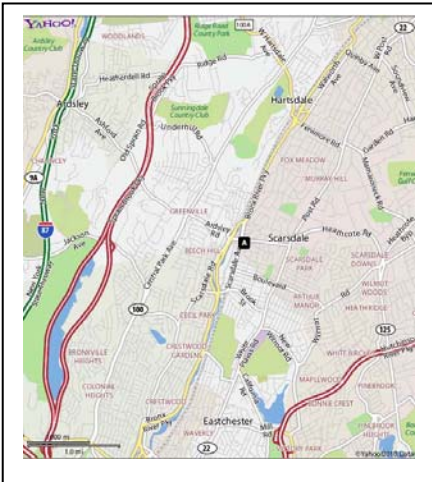
Our website includes more information on naturopathy and our services. Also included is a patient's page with patient forms and instructions, our rates, and privacy policies. A resources page includes helpful links to health condition databases, a 'kids health' database, allergy resources, mental health resources, and more. Also see our page, "Naturopathy at Home" for useful tips.



## Vital Stream Naturopathy

Steven Koda, ND

- Diet & Nutrition
- Medical Herbalism
- Homeopathy
- Counseling
- Wellness Coaching



### Vital Stream Naturopathy

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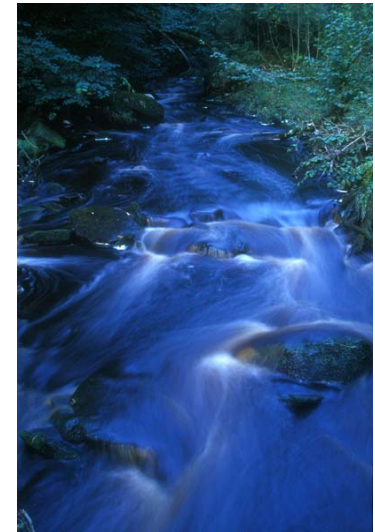
For an Appointment, call:  
**866-362-5632**

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**BUSINESS NAME**  
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**CITY, STATE 00000**

# Vital Stream Naturopathy

Steven Koda, ND  
Naturopathic Physician



Providing expertise in nutrition,  
wellness and natural therapies.

Please visit our website at:  
[www.vsnaturopathy.com](http://www.vsnaturopathy.com)