

What to expect

Your first visit will be 1½ hours long. The doctor will take a very comprehensive health history and physical exam. If needed, a blood draw and urinalysis will be taken. If you have had a recent blood work up we will request a copy from your doctor or you may bring in a copy with you to the first appointment. We usually require a CBC with differential, comprehensive metabolic panel, cholesterol with LDLs and HDLs broken out, urinalysis, and blood typing (A, AB, O, B).

After you leave, your case will be studied when all the information has arrived so that we will be prepared to tell you what is wrong and what our recommendations are at your next appointment.



Get the most from your visit

Be prepared and on time.

Arrive 15 minutes early to complete paperwork.

Write down all your complaints.

Bring the most recent blood work ups (nothing older than 6 months).

Bring in all medications, supplements including antacids.

We request that you please do not wear perfume or heavy scents, as many of our patients are chemically sensitive.

If for some reason you need to cancel an appointment, a 24 hour notice is required otherwise a charge of \$85.00 will be billed to you. Payment is expected at time of service.

Appointments held with credit card only.

Wheelchair accessible.

No Medicare/Medicaid accepted.

We accept cash, check, VISA.

We accept Blue Cross Blue Shield PPO and Aetna Insurance.

“Health is Everything”



Principles of Naturopathic Medicine

The Healing Power of Nature

Vis Medicatrix Naturae

Naturopathic medicine recognizes an inherent ordered and intelligent self-healing process in the person. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.

Identify and treat the causes, *Tolle Causam*

The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.

First Do No Harm, *Primum Non Nocere*

Naturopathic physicians follow three guidelines to ensure noninvasive treatment of the patient:

*Utilize methods and medicinal substances which minimize the risk of harmful side-effects, using the least force necessary to diagnose and treat.

*Avoid when possible the harmful suppression of symptoms.

*Acknowledge, respect and work with the individual's self-healing process.

Doctor as Teacher, *Docere*

Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor/patient relationship.

Treat the Whole Person

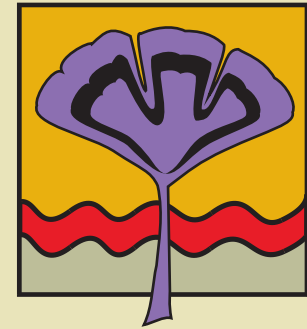
Naturopathic physicians treat each patient by taking into account an individual's physical, mental, emotional, genetic, environmental, social, spiritual, and other factors that contribute to one's health.

Prevention

Naturopathic physicians emphasize the prevention of disease-assessing factors, heredity, and susceptibility to disease and work toward making the appropriate decisions in partnership with their patients to prevent illness.



BRANNICK CLINIC OF Natural Medicine



Massage
Colonics
Counseling
Chiropractic
Sports Medicine
Myofascial Trigger Point Therapy
Acupuncture
CranioSacral
Homeopathy
Hydrotherapy
Hyperbaric Chamber
Naturopathic Medicine

Brannick Clinic of Natural Medicine is dedicated to enhancing the quality of life and health of our patients by focusing on the cause of the illness rather than simply treating the symptoms.

The least toxic and non-invasive techniques are used to accomplish optimal health.

We will work with our patients until they are well.

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St. Charles, IL 60174
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There are options concerning your health care. If you are not satisfied with your health, it may be time for a different approach.

What is Naturopathic Medicine?

Naturopathic Medicine is focused on determining the cause of illness rather than focusing on symptomatic treatment. Treatment is tailored to the specific needs of the individual giving support to the body to heal itself.

Naturopathic Physicians perform physical examinations, laboratory testing, gynecological exams, nutritional and dietary assessments, metabolic analysis, allergy testing, X-ray examinations, and other diagnostic tests. A naturopathic physician is a primary care doctor trained as an expert in Natural Medicine. They are the only primary care physicians clinically trained in the use of a wide variety of natural therapeutics.

Women

Physical exams
Gynecological needs; PAPS, yearly exams, STD testing and treatment
Pre and post natal care
Pregnancy support, nutritional advice
Menopause, hot flashes, mood swings
PMS, Dysmenorrhea, endometriosis, polycystic ovaries, cervical dysplasia
Osteoporosis
Allergies (environmental and food)
Weight loss
Acute and chronic illnesses; Asthma, IBD, Arthritis, Diabetes, Fatigue
Depression and Anxiety

Children

ADHD
Acute and chronic illnesses, i.e. Diabetes, eczema, asthma
Ear infections, allergies (food and environmental)
Juvenile arthritis, stomachaches, headaches, rashes, acne
Weight loss. Nutritional counseling
Childhood diseases
Well baby and child check ups

Men

Prostate health and exams
GERD
Allergies (environmental and food)
Depression, Weight loss
Heart Disease, Hypertension
Sports Injuries

Naturopathic Medicine... What is it? Brannick Clinic of Natural Medicine can help...

Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care. Naturopathic medicine concentrates on whole-patient wellness and is tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine has been a distinct American health care profession for over 100 years. Over the last three decades, an increasing health conscious public has sought alternatives to conventional medical philosophy; the idea that drugs and surgery could eliminate all disease is becoming obsolete. A Naturopathic Physician tailors treatment to the specific needs of the individual giving support to the body to heal itself.

Brannick Clinic of Natural Medicine offers the following services: Herbal medicine, Clinical Nutrition and High Quality Supplements, Lifestyle recommendations, Hydrotherapy, Detoxification, Peat baths, Homeopathy, CranioSacral Therapy, Acupuncture, Chiropractic adjustments, Swedish and Deep Tissue Massage, Belavi Facelift Massage, Physiotherapy, Counseling, and Life Coaching. We teach healthy cooking classes and present workshops for weight loss along with nutritional counseling. Our herbs and nutritional supplements used are of the highest quality attainable and are only available to physicians.

Michelle Brannick, D.C.

Dr. Michelle Brannick has a deep passion for natural medicine that is exemplified by the way she lives her life and practices medicine. She is the mother of two active children, ages 12 and 15. Dr. Brannick herself is energetic and vital.



Dr. Brannick is Licensed in Vermont as a Naturopathic Physician (Bastyr University, Kenmore, WA) and Chiropractic Physician in Illinois (National University of Health Sciences, Lombard, IL), Nationally Certified Massage Therapist, and certified in Pregnancy & Infant Massage. Dr. Brannick also earned a Bachelor's Degree from the University of Wisconsin, she majored in Mathematics and minored in Physics and Statistics.

When you meet Dr. Brannick she will give you her utmost attention and focus on the cause of your illness rather than simply treating the symptoms. She is dedicated to improving your health and will work with you until you are well.

Dr. Brannick is a board member of the Illinois Association of Naturopathic Physicians, member of the American Association of Naturopathic Physicians (AANP), and the Illinois Chiropractic Society.

Michelle Brannick is married to Kevin Brannick who is a Licensed Professional Counselor. They work together to treat mental health naturally.

Kevin Brannick, L.P.C.

Kevin Brannick's primary focus is helping clients to overcome depression, anxiety, and other mood related issues. Kevin and his clients work together to find purpose and meaning in life by uncovering the cause of painful memories and emotions while, at the same time identifying and expanding personal strengths and increasing spiritual awareness. Increased awareness of one's strengths and innate spiritual compass can dramatically increase one's confidence, effectiveness, relationships, and overall experience of wellness.

Please contact Kevin to learn more about his unique, powerful, and natural approach to achieving human wellness.

Kevin completed his Doctorate in Clinical Psychology in 2005. He also holds Masters Degrees in Clinical Psychology and Comparative Religions. Kevin is a member of the American Psychological Association.



In addition to his professional work, Kevin is heavily involved in the daily parenting of his two children, a volunteer Sunday School teacher, has volunteered as Steven Minister and Steven Minister Supervisor, and participates in a number of other community activities.