



Don Dillon RMT

Transform Pain and Stuck-ness;
Liberate Movement and Expression

19 Years
in Practice

Complementary Integrated Medicine

With rising costs and epidemic health problems related to environment, life-style, toxins, stress and strain, citizens require a health care model that gets results, works within employee benefit plans, is affordable and integrates the knowledge and experience of multiple health disciplines. Behold a better model in Complementary and Integrated Medicine (CIM).

Stephen Tripodi, BSc(HK), ND and Don Dillon, RMT are contemplating such a model to provide CIM acute care at 197 Ontario Street (near Welland Ave and convenient to both HWY 406 & QEW exits) in St. Catharines.

Why Choose CIM Acute Care?

Patients familiar with regular care will enjoy CIM's Acute Care quick access (same day care), cost savings (includes assessment and treatment by both practitioners) that is in-line with many employee health benefit plans, and truly integrated care provided by our team.

What If My Symptoms Don't Fit the Care Delivery Model?

Stephen and Don still offer regular care as you've come to expect. Some conditions are complicated and require more intensive care. We'll let you know on assessment.

Will My Benefits Cover this Care?

Many plans cover naturopathic and massage therapy care—check your workplace benefits plan. Those with caps per treatment will find this model of care means less money out-of-pocket. We bill Greenshield, Blue Cross, Auto insurance and Workers Compensation directly...convenient!

What's Next?

Once we have the working model set, we plan to involve more disciplines and practitioners to serve more people. We also plan to attract practitioners providing psychotherapy, allopathic medicine and other methodologies.

Anything else?

Eventually we plan to screen for early morbidity (presence of illness or disease) and body degeneration - skin lesions, blood pressure and heart rate, blood and urine analysis (if required), nutritional balance, waist-to-hip ratio (WHR), range of motion and postural misalignment. Early detection means more opportunity to self-correct!

You'll find Complementary Integrated Medicine affordable, effective and convenient. Give it a try!

The recent focus on health care reform has unfortunately been geared almost entirely toward increasing access and decreasing costs. While these are laudable goals, creating increased and affordable access to a failing medical system does not address the actual causes of the high costs and poor outcomes—causes that include a rapidly rising epidemic of chronic disease and a health care system poorly designed to counteract or prevent it.

It is the practice of medicine that should be addressed first, with the greatest potential for effective change coming from (combining allopathic and complementary and integrated medicine). - Dr. J. W. Diamond, MD

Allostatic Medicine, Part II: A New Model of Medical Practice, Integrative Medicine, Vol 9, #2
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HST July 1, 2010

The art of taxation consists in so plucking the goose as to obtain the largest possible amount of feathers with the smallest possible amount of hissing - Jean Baptiste

The Harmonized Sales Tax (HST) takes effect July 1 in Ontario and British Columbia, adding 8% additional tax onto many services, including massage therapy.

Massage Therapy not exempt During the advent of GST in 2004, government required (arbitrarily) a health care profession to be regulated in five provinces or funded under the provincial health plan in two provinces in order to be exempt.

The massage therapy profession is aggressively pursuing the ability to opt out of HST with three regulated provinces (ON, BC and Nfld/LAB) with Alberta and New Brunswick seeking regulation. Unfortunately we won't meet the criteria by the July 1st deadline, and in the interim must charge the tax on top of services.

How will this affect you? On July 1st, the taxation will increase our base fees by an additional eight percent.

Base Fee	+GST (now)	+HST (July 1)
60 min - \$80	\$84	\$90
45 min - \$60	\$63	\$67
30 min - \$40	\$42	\$45
15 min - \$20	\$21	\$22.50

...Ease the tax impact—over please

CIM Acute Care Model R

- inflammation and swelling
- spasm/strain
- headaches
- emotional dis-stress
- Carpal Tunnel Syndrome
- Tension-Neck Syndrome
- colds, sinus and acute respiratory congestion
- localized skin conditions
- neuralgia (nerve pain)
- post-surgical scar adhesions
- Detoxification
- Some gastro-intestinal distress

A Naturopathic Perspective

By Stephen Tripodi, BSc(HK), ND

The goal of Naturopathic Medicine is to obtain an optimal level of health, correcting the cause of disease...not simply abating symptoms. Some people perceive naturopathic medicine as their last ditch effort, trying numerous mainstream medical/allopathic approaches first to address their health dilemma. Many seek out naturopathic medicine directly when they realize their health is off-course. For them, natural medicine is their first choice. Some people find the use of naturopathic medicine takes them back to the comfort of a natural approach to healing used by their parents / grandparents.

Different from Medical Care

A Naturopathic Doctor (ND) typically spends much more time to get to the bottom of your symptoms than you would experience in medicare-funded services. Similar to medical care, an ND takes a thorough case history, provides appropriate examinations, and goes further to explore your diet, stress levels, and wellness goals.

Diagnostic tests are used to fully understand your health status. Tests may include in-office organ stress testing, ordering and interpreting blood work, saliva hormones, hair, stool or urine analysis.

An ND will work with you to create a health recovery plan that blends the best of modern medicine with the wisdom of nature. Implementing your plan into your life creates the preferred environment for optimal healing.

Naturopathic Principles:

First Do No Harm - Naturopathic medicine uses therapies that are effective with less risk of harmful side effects.

The Healing Power of Nature - The human body possesses the inherent ability to restore health. The ND's role is to facilitate this process with the aid of natural, non-toxic therapies.

Discover and Treat the Cause - Naturopathic Doctors seek and treat the underlying cause of a disease. Symptoms are viewed as expressions of the body's natural

attempt to heal. The origin of disease is treated so the patient can recover.

Treat the Whole Person - The multiple factors in health and disease are considered while treating the whole person. ND's provide flexible treatment programs to meet individual health care needs.



Naturopathic Doctor as Teacher - The ND's major role is to educate, empower, and motivate patients to take responsibility for their own health.

Prevention is the Best Cure - Naturopathic Doctors are preventive medicine specialists. They assess patient risk factors and heredity susceptibility, and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health.

Scope of Naturopathic Medicine

NDs treat virtually any health condition using natural healing agents. The focus is on the person - not just the disease or symptoms. Although I conduct a general practice, my areas of special interest include allergies, hormonal imbalances, adrenal fatigue, musculoskeletal conditions and weight loss.

The Intake Process

Referrals from a medical practitioner are not required. Consultations are typically a full hour or more for complex or multiple conditions, but I also provide 15-minute complimentary 'meet the doctor' consults to help steer you in the right direction.

Dr. Stephen Tripodi, BSc(HK), ND

earned a four-year degree in biology - with specialization in Human Kinetics - at the University of Guelph before completing a four-year post graduate doctorate program in Naturopathic medicine at The Canadian College of Naturopathic Medicine in Toronto (2000). Stephen has written and lectured on preventative medicine, detoxification, nutritional medicine, allergies and children's health.

Contact Dr. Tripodi at ☎ 905.688.9900 or @ drtripodi@gmail.com

Ease the Tax Impact

- ✓ Do assigned remedial exercise and hydrotherapy self-care to resolve symptoms faster and more effectively.
- ✓ Many workplace health plans have caps/treatment or total coverage amounts per year. Schedule your treatments to be most intensive when you need them.
- ✓ Allow us to direct bill for Greenshield, BlueCross, auto insurance and workers compensation (WSIB) claims, saving you from paying out-of-pocket.
- ✓ Shorter sessions may be sufficient to address your symptoms - although longer sessions may be time-saving and convenient (less travel / faster results).
- ✓ Endure! One assessment suggests the average person will pay \$500 (after tax credits) more in expenses/year due to HST. Hopefully we'll find cost-savings elsewhere or adapt to the situation. (Note: provincial election due next year)
- ✓ Ask about home products your therapist recommends that can help alleviate symptoms in between office visits.

Remember your investment in bodywork preserves your body, relaxes your mind and invigorates your spirit. I encourage you to keep up habits that nurture you.

Value is intrinsic in the expertise. Thank you for placing your care in my hands.
DQD

Diseases do not come upon us out of the blue—they develop from small daily sins against nature. When these sins accumulate, diseases seem to break forth all at once. - Hippocrates

Great ideas originate in the muscles.—Thomas A. Edison

Please help us reduce our footprint. Email us at relief@dondillon.ca to be added to our email list. Thanks!!

