

A stethoscope is laid out on a light-colored wooden surface. A bright yellow lemon and a single green leaf are placed on the chest piece of the stethoscope. The background is a dark, textured wood.

Naturopathic Medicine: Is It Witchery?!

**Host:
Jennifer Bitner**

**Guest Expert:
Dr. Renata
Naturopathic Doctor
doctorrenata.com**

Looking at the Whole Body

Dr. Renata enables people to be the version of themselves that they want to be and help correct whatever imbalances are going on in the body! The tools she uses can be anywhere from acupuncture, looking at your diet or integrating botanical medicine.

Jennifer: why did you decide to get into this profession?

Renata: I was a hot mess! Growing up I had IBS, anxiety, depression, an eating disorder, seizures, and I fainted often. On the outside I looked great, but on the inside I was full of imbalances and I was really lost in life. Something inside of me wasn't aligned and I knew this wasn't the path meant for me. I discovered naturopathic medicine and I didn't turn back! I enrolled into school and here I am today!

Jennifer: so what is the difference between a GP family doctor we see versus a naturopathic doctor?

Renata: our tools are different. As a naturopathic doctor, I am going to give you tools that are going to support your body's healing process, versus "here's a drug that you're going to use to manage your symptoms". I want to correct the underlying imbalances. I'm looking at you as whole being, where conventional medicine goes "you have a boo-boo, lets give you a pain medication". What's different is I'll ask, "why do you have the boo-boo? What's going on in your life? How's your mental health? Spiritual life? Physical life?" It's very ignorant if I look at one single symptom and don't address you as a whole human being.

Jennifer: Wow! So you mentioned the holistic approach, which is what these videos are all about based on exception health and addressing the body as a whole. How would you say in your practice that you piece the mind, body, emotions and spirit together?

Renata: I look at everything! I get testing and measurements for your physical body because it's important to have that balanced. When asking questions, I become curious with things in your life - what is happening and how do you react to those moments? I can give you supplements, but if I'm not giving you tools for the underlying issue of "I hate my job, my marriage isn't going great, I'm stressed with this new project", then cutting out gluten isn't going to fix that shit!

Back to Balance

Jennifer: I love your raw approach! Even with your own health journey leading you to this profession, it's important to look at the whole person! What would you say would be your favourite naturopathic modalities?

Renata: I love a lot of tools, but sometimes there's going to be one tool that works best. Although not naturopathic related, I love coaching because if your belief system is not aligned, the reality you want to create will not work. I love though working with diet (addressing food sensitivities and hormones) and Chinese medicine (acupuncture).

Jennifer: describe what acupuncture is and what it does to the body, as a month ago I had a session at your clinic and such a relaxing vibe was created!

Renata: I love Chinese and even Indian medicine because they're ancient methodologies of wisdom and medicine! With acupuncture, these needles don't contain any substance, they are just inserted in certain parts of your body that have meridians. These meridians do certain actions in the body and can be mapped to create certain outcomes. For example, points lung7 and heart7 do something very unique, but lung7 with a different meridian can do something completely different. When someone has an imbalance and you use these needles, you can correct both the energy body and physical body. It stimulates your nervous system, hormones and brings healing of nutrients and blood flow to the area! It's important to know that acupuncture addresses everything you may be dealing with such as sleep issues, low fertility, hormone imbalance, etc!

Jennifer: at the Lococo Wellness Clinic, you had the lights out, the meditation and the essential oils all together. It really brought all aspects together for the session! Tell us about your journey with Wellness Witches with your business partner Jennifer at her clinic in Hamilton. What are your intentions and what will you be doing with Wellness Witches?

Renata: I've always been interested with and healing! So many people would call my practice witch work, and it used to drive me nuts! I then realized I needed to embrace that and say, "yeah! I am a witch doctor and a healer, and actually doing something for the human being, unlike _____". A witch is just a powerful woman! They're healers, drawn to nature, who makes things happen around them and share wisdom. They weren't these evil creatures!

Wellness Witches

Jennifer: and you think back to witches and the threat that was always around them because they were healers, and what was done to them when they were found because of the things they did. With the Wellness Witches community, what are you both going to be bringing into this space?

Renata: I love creating that empowerment for women, giving them a safe environment for them to step into the superpowers they've had all along: intuition, the ability to manifest, love, self expression, truth and creativity! Collectively using these energetic arts to not only be the version of themselves they'd like to be, but also attract their tribe. You need to have a tribe that will help you get through your crap days and be there for you to celebrate your successes! Also, we will be branching out and collaborating with other women in wellness so we can connect these women who come in to other tools available around us. We can tremendously benefit from each other!

Jennifer: what kinds of transformations have you seen with your patients that you have worked with using this new 'power'?

Renata: the basics! They lose the weight, they are less stressed, they get better sleep, they don't hate the people around them, they're happy again! We have the fundamentals down, but then people are landing their dreams job that they never thought was possible, having the relationships that they've always wanted, having the financial abundance they've always dreamed of. The fundamentals are good, but your life is worth so much more than a number on the scale!

Jennifer: yes! And we have talked a lot about some of the different things and the modalities, soul coaching being the main one. Do you find a lot of people are just stuck in their crap?

Renata: absolutely and people don't understand the power of coaching. As human beings we like to be right all the time, but when you can put that aside and say, "you know what, here's my hand, help guide me". When we don't have accountability and support, it can be really confusing out there! We're wasting a lot of time, but when we simply ask for help, we shift and we begin to see our lives like we've never seen before! In an instant!

The Body as a Whole

You're doing the same thing over and over again because that's all you know and that's okay, but I come in and say, "hey! Here's a different perspective, and here are some tools". That's why I love coaching because if you have a blind spot, you're never going to be aware of that until someone helps you discover that. You're only going to get so far and trip back up because you don't have the awareness around it.

Jennifer: and I love that with what you do, no matter it be supplementation, herbs, meditation, because it's so natural, we're not numbing ourselves to the healing because our body's are welcoming whats coming from the earth to return to balance. So lets talk about the workshop you and Jennifer Lococo are doing called Chakra Magic!

Renata: I'm so excited for this! This retreat is 3 hours and all about expanding your powers, how to balance and activate your chakras because if they're not doing well, you're outside world ain't going to be so sexy! That day you mingle and connect with the ladies, draw an angel card to see what you're guided to that day and activate your intuition, picking a crystal (and whatever is picked is the chakra being most called to you). We then get into a deep chakra meditation that Jennifer will be guiding to get things flowing properly! Throughout the day, we will be teaching you about the chakras and ways to balance them. We are also providing yummy gluten-free vegan snacks, along with a chakra essential oil blend at the end. This retreat is March 3rd 10am-1pm!

To purchase a ticket, register here:

<https://www.eventbrite.ca/e/chakra-magic-expand-your-superpowers-tickets-43042143209?aff=es2>

Dr. Renata also has her coaching practice in Toronto which can be done over the phone or computer. In Hamilton, she can be located at the Lococo Wellness Clinic on Rymal Rd! If you would love to connect with Dr. Renata, she can be found through her website:

<http://doctorrenata.com>

Embrace your inner modern day witch!