



WELCOME TO FOUNDATIONS FAMILY WELLNESS!

We're proud to welcome you to our health care family where our approach puts you, the individual, first. Dr. McGaughey believes that an individualized approach to medicine is the only way medicine should be practiced, and she is excited to walk with you and your family on your health care journeys. Dr. McGaughey is trained as a licensed Naturopathic Doctor (N.D.) with the State of California and she follows a philosophy based upon the six principles of Naturopathic Medicine. This includes:

- *First Do No Harm:*
 - The least harmful and most natural approaches to treatment should be used first before more intervention-based therapies are used, if possible. This may include the use of nutrition and lifestyle counseling, hydrotherapy, botanical medicine, homeopathy, and other treatment modalities.
- *The Healing Power of Nature:*
 - Dr. McGaughey believes that a "health" care approach, not a disease-centered approach, should be utilized with all of her patients. She believes that the body has an innate wisdom and vitality, and the ability to heal itself given the right circumstances.
- *Treat the Whole Person:*
 - A symptom may appear to be arising from one organ or tissue, but the body and its organs are interconnected components of the whole organism. Therefore, the whole person must be treated with the understanding that the mind, body, and soul are interconnected and interdependent components.
- *Find and Treat the Root Cause of Illness*
 - A Naturopathic Doctor understands that both internal and external forces influence physiologic function. Each person is a sum of their experiences, and symptoms are merely signals to the doctor that on some level, a disharmony is present in the body. This disharmony can arise from many places, whether on the level of the mind, body, or soul. In order for true healing to occur, it is important to explore and treat the root cause of this disharmony.
- *Doctor as Teacher*
 - One of the most vital roles a Naturopathic Doctor plays in your health care journey is as a teacher and guide to help you learn about what it takes to achieve a healthy you. Dr. McGaughey understands that information is one of the most empowering tools she can use with her patients to help them along their healing journey, and she works hard to ensure that each patient feels both heard and supported along their journey to health.
- *Prevention:*
 - The ultimate goal of any health care journey should be to help the body achieve such a state of dynamic health that it is able to fight off illness and dis-ease without outside intervention. This is done by supporting the body's physiology through a foundational approach to health based upon the principles above. Dr. McGaughey looks forward to helping you and your family work towards this goal as you travel along your health care journeys.

*THANK YOU FOR CHOOSING **FOUNDATIONS FAMILY WELLNESS** FOR YOUR HEALTH CARE NEEDS, AND WE LOOK FORWARD TO WORKING WITH YOU SOON.*