

**DR. TARA E. GREAVES, N.D.**

**GENERAL FAMILY PRACTICE  
(INCLUDING BUT NOT LIMITED TO)**

- Chronic Disease Women's Health
- General Physical Exams Pap Smears
- Women's Annual Exams

**LABORATORY TESTING  
(INCLUDING BUT NOT LIMITED TO)**

- Blood Health Screening (Naturopathic Doctors maintain the highest standards for testing)
- Elisa Food Allergy Testing
- Neurotransmitter Testing
- Gastrointestinal Health Testing

**NATUROPATHIC THERAPEUTICS  
(INCLUDING BUT NOT LIMITED TO)**

- Diet and Lifestyle Counseling
- Vitamin and Mineral Therapy
- Botanical Medicine
- Homeopathy
- Hydrotherapy

**NATURAL MEDICINES**

FirstHealth is committed to carry the 30 most important items to have on hand and most popular medicines. Quality is essential to desired results and Professional companies such as Scientific Botanicals, Allergy research Group and Integrative Therapeutics, Inc, some of which are only available through a doctor's office.

All other items can be purchased through Dr. Greaves. The Natural Pharmacy is proud to carry a wide selection of natural therapeutics. To place an order, please call (978) 758-3937.

Please remember to re-order when you are running low on medicines rather than when you are completely out.

For patients convenience, all products can be picked up at FirstHealth, or mailed out for a \$10 shipping charge.

**LECTURES AND DEMONSTRATIONS**

The FirstHealth staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

Learn more about all our services and the dynamic practitioners by visiting our website at

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

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**THE  
INTEGRATION  
OF ANCIENT  
WISDOM WITH  
MODERN  
MEDICAL  
SCIENCE**

*Options for  
Natural Care*



**FIRSTHEALTH  
OF ANDOVER PC**

**One Dundee Park  
Suites 1&2  
Andover, MA 01810  
978/474-9994**

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

*To guide, teach, and  
assist your body's  
ability to heal itself*

## NATUROPATHIC MEDICINE

Naturopathic Doctors (ND) are primary care doctors trained in a wide variety of therapeutics including clinical nutrition, botanical medicine, homeopathy, spinal manipulation, pharmacology, and counseling. Naturopathic Doctors are trained in conventional fields and can order necessary blood laboratory tests.



**DR. TARA E. GREAVES, N.D.**

- Bachelors of Science in Nutrition, University of Massachusetts, Amherst
- Doctorate National College of Naturopathic Medicine, licensed in Connecticut

## ORGANIZATIONAL MEMBERSHIPS

- Arthroplasty Patient Foundation, Board of Directors
- Oncological Association of Naturopathic Physicians, Member, Committed to enhance survival and improve the quality of life for patients living with cancer.

## WHO BENEFITS FROM A VISIT TO A NATUROPATHIC DOCTOR?

Naturopathic Doctors are experts in providing families safe and natural healthcare.

Patients range in age from newborns through elderly. A variety of chronic and acute conditions can be treated effectively.

## COMMON REASONS FOR VISITS

Annual/Wellness Checkups	Eczema
Menopause	Wellness
Migraines	Allergies
Neuropathy	Arthritis
Obesity	Asthma
Osteoporosis	Cancer
PMS	Chronic Fatigue
Sciatica	Digestive Issues
Varicose Veins	Diabetes
Yeast Infections	Lyme's Disease

## WHAT TO EXPECT

First time office visits usually last about one and a half hours (90 minutes). During this time Dr. Greaves listens to the patient's medical history, performs all relevant physical exams, and orders all necessary laboratory blood work. A comprehensive treatment plan is developed. Coordinated healthcare is available with other conventional medical doctors and any practitioner on FirstHealth's team: an acupuncturist, massage therapist, reflexologist, and an advanced healthy and fitness specialist.

Currently, co-leading a 3-month weight management program with a health and fitness specialist. This includes nutritional counseling, exercises, stretches, two lectures and weekly Alpha Stim® sessions.

## PRINCIPLES OF NATUROPATHIC MEDICINE

### *FIRST, DO NO HARM*

Naturopathic Doctors prefer noninvasive treatments which minimize the risks of harmful side effects. She uses herbs and nutrients which have fewer side effects than most commonly used pharmaceutical drugs.

### *FIND THE CAUSE*

A Naturopathic Doctor is trained to identify and remove the underlying cause of a disease rather than merely eliminating or suppression the symptoms.

### *THE HEALING POWER OF NATURE*

Naturopathic Doctors work to restore health by using natural medicines which enhance the body's ability to heal itself.

### *TREAT THE WHOLE PERSON*

When treating a person, Naturopathic take into account physical, mental emotional, spiritual, and social factors.

### *DOCTOR AS TEACHER*

They focus on education and encourage self responsibility for one's own health and sense of well being.

### *PREVENTIVE MEDICINE*

Naturopathic doctors teach their patients principles with which to live a healthy life.

