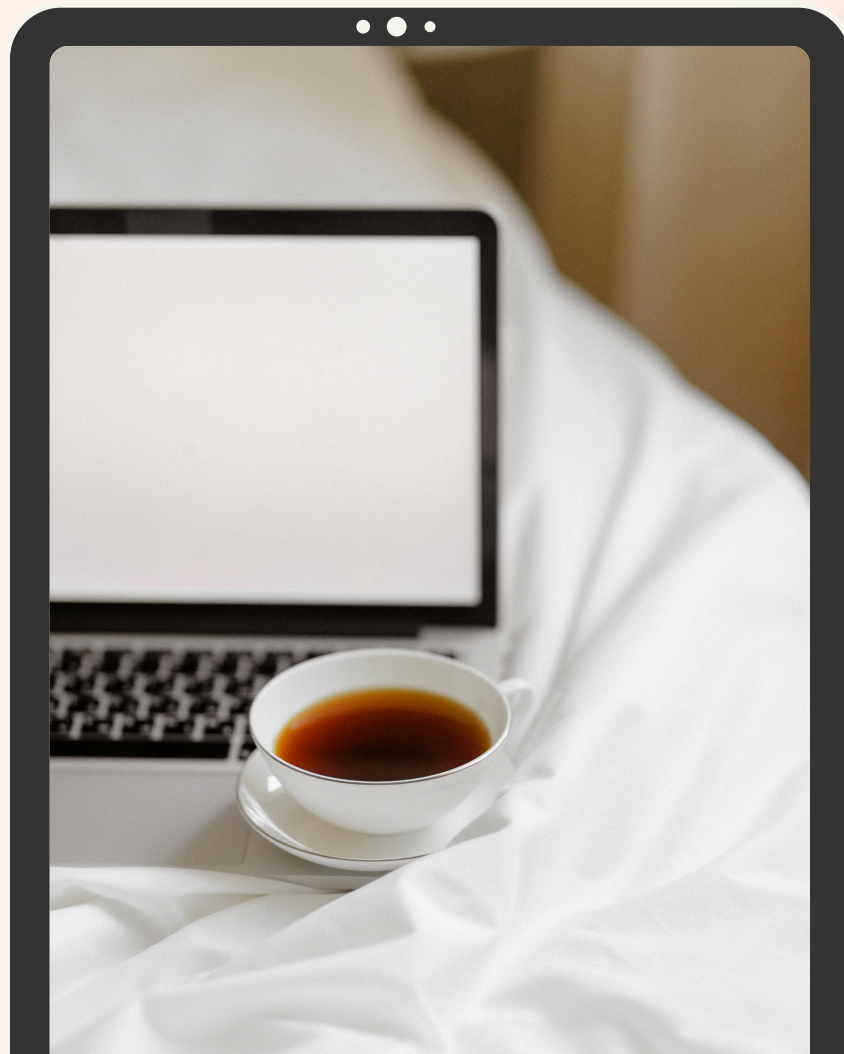


A HELPFUL GUIDE FOR

*Questions to ask
practitioners*

EVALUATIONS





Hey ladies,

I hope you are well and walking in God's care. As we steward our health, it's important to approach all treatments with discernment.

With naturopathy, ask if the practitioner follows core principles like doing no harm, supporting the body's natural healing, treating the whole person, addressing root causes, emphasizing prevention, and educating patients.

In functional medicine, check if they focus on your unique biology, treat the person rather than the disease, maintain balance, consider system interconnections, promote vitality, and build long-term organ health.

For homeopathy, remember it's based on "like cures like" and extreme dilution. Evidence is limited, and methods like muscle testing are unreliable. Ask about training, methods, and supporting evidence, and be aware of possible spiritual influences.

Even with allopathic medicine, ask what a treatment does in your body, if it aligns with God's design, and whether nutrition, rest, or lifestyle changes could achieve similar results. Trusted resources like the NIH drug portal or medication inserts can help.

By asking these questions and seeking discernment, we honor God's design for our bodies, which He created to heal and flourish under His care.

With love and encouragement,

Yvonne B

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When a doctor prescribes something, ask —

Use discernment when it comes to your health. A prescription or treatment can be helpful, but always pause to ask:

What is this treatment doing in my body?

Will it work with God's design or against it?

Cont...

Could nutrition, rest, or lifestyle adjustments bring the same healing without introducing something artificial?

Whatever you decide, be sure to check for any possible side effects. You can review drug information on the NIH website or Just the Inserts

Questions to ask a Homeopathic practitioner:

A system based on 'like cures like,' extreme dilution, and a historical vital-force worldview. Training and methods vary. Scientific support is weak for most conditions, and diagnostic tools such as muscle testing are unreliable. Be mindful of possible spiritual roots in vitalism or occult influences. If you speak with a homeopathic practitioner, ask questions such as:

What training did you receive and where?

How do you diagnose? Do you use muscle testing, electrical testing, or case-history only?

Cont...

How are your remedies prepared and at what potencies?

What evidence do you have that this is effective for my specific condition?

How do you decide a condition needs homeopathy rather than conventional care?

Questions to ask a Naturopathic practitioner:

A holistic system emphasizing prevention, whole-person treatment, and the body's natural ability to heal. Draws from ancient healing traditions and incorporates multiple modalities — some biblical and beneficial, others spiritually questionable. Training can range from classical naturopathy to integrated programs with medical privileges. "Natural" does not always mean biblical or safe; each modality must be tested against God's Word and sound science.

Which training program did you attend and what are your credentials?

Do you follow classical naturopathy or an integrated model that includes prescription/surgical training?

Cont...

Which specific modalities do you use for my condition (herbs, supplements, homeopathy, acupuncture, counseling, etc.)?

How do you evaluate and test effectiveness — objective labs, symptom tracking, or subjective reports?

Will you refer me to a medical doctor or ER if my condition requires urgent or surgical care?

Cont...

Are any therapies you use tied to non-Christian spiritual practices?



Additional Checklist of naturopathic

When consulting with the naturopathic practitioner, ask whether they follow the six core principles of classical naturopathy:

- ☐ *Do no harm — relying on safe, effective natural therapies*
- ☐ *The healing power of nature — supporting the body's God-designed processes*
- ☐ *Treat the cause, not just the symptoms — viewing symptoms as signals of deeper issues*
- ☐ *Treat the whole person — considering physical, mental, emotional, and spiritual dimensions*
- ☐ *The physician as teacher — equipping patients to take responsibility for their health*
- ☐ *Prevention as the best cure — promoting lifestyle and education for long-term well-being*

Questions to ask a FUNCTIONAL MEDICINE practitioner:

A science-based healthcare approach that identifies and treats the root causes of illness using individually tailored therapies to restore health and improve function.

What is your medical training and functional medicine certification?

How do you decide which therapies are appropriate?

Cont...

Do you incorporate any spiritual practices into care?

How do you measure whether a treatment is effective?



Additional Checklist of functional medicine

When consulting a functional medicine practitioner, ask whether they follow the Six Core Principles of Functional Medicine:”

- ☐ *Biochemical individuality — recognizing each person’s unique genetics and environment*
- ☐ *Patient-centered, not disease-centered — treating the person, not just the label*
- ☐ *Dynamic balance — health depends on harmony between internal and external factors*
- ☐ *Web-like interconnections — understanding that body systems affect one another*
- ☐ *Health as positive vitality — aiming for robust well-being, not just the absence of disease*
- ☐ *Promotion of organ reserve — building health capacity for the long term*



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- Yvonne B