

Dr. Nancy: Hi everybody. Welcome back to Wednesday's Dr. Nancy Live. We took a little summer hiatus and switched things up a little bit. I want to let you know what we're going to be doing. We're going to do probably once a month live. We're going to reach out to some more national professionals. Today we have a local one. I'm excited to talk to her, but next month we're going to have Dr. Larry Kotlow. He does a lot with tongue ties and he's one of the mentors that I learned from, so he wanted like six hours, so we can't do six hours, but we're going to try and do about an hour with him, maybe twice next month. Look forward to our talk with him. The next exciting thing that we're going to do is I know that these lives kind of go along and our audiences, moms, and you don't have a lot of time to really watch or listen on the podcast.

Dr. Nancy: We're going to do what's called, just a mommy minute and we're going to be offering ... I'm going to try to do it within a minute. We'll see how it goes. It can be very short, but they're going to be just tips. I think the first one I'm going to do this week is on dehydration and I'll give you tips on what to look for, what to do if you find you're dehydrated, your baby's dehydrated, or any of your kids. They're going to be really kind of a meat and potatoes thing that hopefully will make your life a little easier as a mom. Today I'm very, very excited to introduce you to a new addition to our office. Dr. Amy Tweedle is a naturopath ... Naturopathic physician and she works out of our office. I really wanted her to come on to kind of explain what she does. Naturopathic physicians are not real well known in Indiana, so I think we need a little bit of education on what it is a naturopathic physician does and what kinds of things they can help you with, so welcome, Dr Tweedle.

Dr. Amy Tweedle: Thank you. Thank you so much for having me today.

Dr. Nancy: Oh, you're so welcome. Let's start with what does ... What is a naturopathic physician?

Dr. Amy Tweedle: A naturopathic physician attends a four-year postgraduate accredited naturopathic college. There's actually only six in Canada and the US right now. I went to the Canadian College of Naturopathic Medicine in Toronto. What we do is combine modern medical sciences with traditional natural healing therapies like herbal medicine, homeopathics, lots of nutrition therapies, hydrotherapy. We are trained in Chinese medicine and acupuncture as well, and some physical modalities too.

Dr. Nancy: You went to like a four-year undergrad school and then naturopathic school?

Dr. Amy Tweedle: Yes, that's right. The premed Undergrad is required for attending.

Dr. Nancy: It's also pretty much just like a natural medical doctor is kind of right, yeah?

Dr. Amy Tweedle: Yes. Yes.

Dr. Nancy: Okay, great. That's awesome.

Dr. Amy Tweedle: People come and see me for just about anything you would go to see an MD, a DO or even a nurse practitioner now for, except in the state of Indiana. If you needed an injection of some type or a complete physical exam, then yeah, because we don't have licensing and regulation yet in the state, then you have to go elsewhere for that for now.

Dr. Nancy: For now, and that's something I know we've talked about on our lives before about naturopathic physicians are trying to get licensed in Indiana, just like I have a professional licensing agency, I have to go through and take boards to become licensed in Indiana. They don't have that yet and I think it's really important that we do have that so we can hold the doctors accountable for standard of care and that you can do more things. I mean you're kind of limited with what you can do, but without a license, right?

Dr. Amy Tweedle: Yes, that's true. Yeah. I just recently was elected the president of the Indiana Association of Naturopathic Physicians and we're a very small group. There's only eight of us and we all hold licenses in other states. Mine is in Kansas, some are Vermont, Washington state, but there's only 22 out of the 50 states that license and regulate naturopathic medicine at this point. We do have a Senate bill and a House bill authored. We're just trying to have it heard in the State House. Hopefully soon we'll be licensed. Then I think that will attract a lot more naturopathic physicians to the state, and I think that's so important to just give Hoosiers choice in their healthcare.

Dr. Nancy: Mm-hmm (affirmative), correct. Yeah. I mean, I know that the medical professionals that are doing this, you know, nurse practitioners and the medical doctors that are more alternative, they're booked, so we need more natural doctors, so if anybody, sees this bill, if they know anybody, definitely support it. If you know a congressman asked them to support this bill for sure, but onto the fun stuff. Let's talk about what kind of conditions do you see? What do your patients kind of look like?

Dr. Amy Tweedle: I see a broad range of patients and I see anyone from newborn to, my oldest patient was a 97 year old World War II vet. You live to be 101.

Dr. Nancy: Awesome.

Dr. Amy Tweedle: Yeah, he was so great. I see men and women. Just about any condition. There are a few conditions that I would probably refer out for. Oncology is something that naturopathic physicians do a separate residency and fellowship program in and that's not something that I am interested in. I do see a lot of allergies, Eczema, skin issues, digestive issues, ulcers, Crohn's, things like that. IBS, pain, anxiety, depression, just about any condition that someone is thinking that they want answers to rather than just the diagnosis and one treatment. They want to know why it's going on in their body. Let's get to the root cause and figure out

what we can do to help your health. Also, I see a lot of patients for preventative health care too. They come in, they're healthy, they're feeling good, but they want to stay that way and live to be 101 or more.

Dr. Nancy: Great, so because of you're getting to the root cause of the problem, your visits probably aren't really short, are they?

Dr. Amy Tweedle: Right, so an initial visit with an adult is 90 minutes, with a child under 12 and under is just one hour, and then followup visits are 40, 30 to 40 minutes.

Dr. Nancy: Okay, and then typically you just kind of go over their history and find out the things and then possibly send for lab work if you need to?

Dr. Amy Tweedle: Yes. Yeah, and we do functional lab work, so not just the everyday run of the mill. We can do IGG food sensitivity testing, food intolerance testing, stool analysis, and then there's some other naturopathic tricks too for testing, like to test your stomach acid levels or other physical symptoms that we can see. That gives us a clue that you might be a little deficient in a certain mineral or vitamin.

Dr. Nancy: Yeah, that's a big factor in a lot of the diseases there are now, isn't there? The lack of vitamins and minerals in our diets?

Dr. Amy Tweedle: Yes. Yeah. Yes.

Dr. Nancy: Hi, Camille. We have Camille on here. She's one of our past guests on the live, so if they wanted to schedule an appointment with you, they should set aside some time for the first visit, right, and then do you send them the paperwork? Is it done in the office?

Dr. Amy Tweedle: I do have the intake forms on my website. There's a link for the forms and right now, they have to print them out and fill it out by hand and bring it into me, but I am trying to make it electronic so hopefully I'll have that running soon.

Dr. Nancy: Maybe a website, right. It's Dr. Amy Tweedle, ND, right?

Dr. Amy Tweedle: Yes.

Dr. Nancy: N as in Nancy and D as in doctor, so if anybody's listening on our podcast and can't read what I'm putting on the screen, that's what it is. Typically, you'll do your first visit and then figure out if you want to send for more testing and then do you then meet with them how soon after then for the follow up?

Dr. Amy Tweedle: Yeah, I usually like to follow up about two weeks, two to three weeks later and hopefully will have some test results to go over but also, because I'm taking in so much information on the first visit, I go back and I research and I summarize everything and I have a future plan that I would like to speak to the patient

about when I see them again. Then after that, it just depends what's going on. It could be ... Follow ups, could be scheduled once a month or once every couple of months just depending on what's going on with the patient.

Dr. Nancy: Back to the school thing, when you were in school, did you have to do a residency?

Dr. Amy Tweedle: We do an internship and we do clinical rotations for the entire four years that we're in college, so it starts out just a few hours a week. We do massage and hydrotherapy on the clinic patients and then by the fourth year it's entirely an internship with just a few classes and then there are some options to do a residency program after, but they're very limited.

Dr. Nancy: Then after that then you, did you go right away to Kansas or did you work in Canada for a little bit?

Dr. Amy Tweedle: I had my own clinic called Naturopathic Roots in Canada in a small city called Brantford, Ontario. Yeah.

Dr. Nancy: Okay. That's great. We had a question here from Brad and he wants to know if this is going to be replayed. Yes, for sure. Sorry. We had an issue with our other link. We had to create a new one but yes, this will be published after we're all done. It'll come right up back up on the Facebook page. Does anybody watching have any questions for Dr. Amy at all? I know we do get the question a lot if asking if you take insurance?

Dr. Amy Tweedle: At this point we do not deal with insurance, so I can take check or credit card or cash. My visits are reasonable. An initial visit is 225 and follow ups are 125. Some you can bill the functional tests through your insurance if you have that option, and I can take HSA or FSA cards as well.

Dr. Nancy: You know, and I do know there is no insurance code that is going to cover an hour and a half of a doctor's visit. I think you're ... You know, the price is very reasonable to have an hour and a half plus the research you do for their condition. It's like very customized care and you know, you just can't get that. I think it's wonderful.

Dr. Amy Tweedle: Yeah, we definitely treat the person not the disease, and we treat the whole person and try to find that root cause and then one of our principles, our guiding principles is teacher ... As or doctor as teacher. We're definitely educating and it's a partnership. It's not, I'm not doing the work for you, but I'm just guiding you and helping you in getting healthier.

Dr. Nancy: Are you like food-focused or you have a supplementing? What is your theory on that?

Dr. Amy Tweedle: Definitely it starts with food, but sometimes we need a little extra help with supplements, vitamins, minerals, probiotics, oil and things like that, and I really like herbal medicines to help get over any kind of acute or even chronic issues just to help bolster you and get over that. Homeopathics, sometimes when you've tried everything and things aren't improving, sometimes homeopathics are there. They can really help, especially in children, actually. I think adults think about things too much and they think, "Oh, this tiny little sugar pill is not going to do anything," but children are like, "Yeah, give it to me." I've seen so many awesome things in children who take homeopathic remedies that fit their correct picture.

Dr. Nancy: You're in trained in homeopathy too then?

Dr. Amy Tweedle: Yes.

Dr. Nancy: Okay, that's great to know. I know that's a big thing in our world here in Indiana, so kind of explained the difference between like a supplement and a herb.

Dr. Amy Tweedle: The supplements are usually vitamins, minerals, probiotics, fish oils, things like that. Then the herbs are coming from plants and they come in different forms. You can get them in pill form. I really like tea form and you can get them in tincture form. That's where that herb is extracted. All the good stuff is extracted in an alcohol base and those are the most powerful is the tincture form of herbs.

Dr. Nancy: Is there anything else that you want to let our audience know before we sign off today?

Dr. Amy Tweedle: There is one more thing if you don't mind.

Dr. Nancy: No, I don't.

Dr. Amy Tweedle: Part of our licensing efforts is fundraising. This year, on November 2nd we're having a women's natural health conference called Nourish and it will be at Platform 24 in Carmel and tickets are on sale now. The early bird pricing goes until September 15th and we have a really great lineup of speakers. We have naturopathic doctors, we have one talking about the microbiome, and then we have a real champion of naturopathic medicine. Her name is Razi Berry and she's coming to talk as well. We have another talk on the whole fibroid adrenal HPA access and stress. We have a lot of really great local natural vendors who will be there to tell you about their products as well, and breakout sessions with yoga and learning about essential oils and herbs and things like that, so it's going to be an awesome day. It's from 10 AM to 4:30 PM on November 2nd.

Dr. Nancy: Okay, and what's the website where they can register?

Dr. Amy Tweedle: It's inanpnourish.com
Amy Tweedle AUDIO Only (Completed 08/12/19)
Transcript by Rev.com

Dr. Nancy: Inanpourish. I'm going put this up here while I'm typing this out. Brad wants to know what days and hours that you're working.

Dr. Amy Tweedle: Right now I'm available Tuesdays from 9 AM to 2:30 PM, Thursdays from nine to 11:30 and Mondays from 12 to 2:30 so Monday, Tuesday, Thursday for now. Then I'm looking at adding in possibly a Wednesday evening because I know a lot of parents have a harder time getting their kids in so in the day, so I would like to offer Wednesday evening soon.

Dr. Nancy: That'd be great. Yeah. Thank you. Does anybody else have any questions before we sign off today? I really appreciate you coming on here and talking to me and giving information to everybody. I think this is ... We will probably have you come on again because I think that what you're doing is wonderful and you can help me with my mommy and me tips of our mommy minute tips. Maybe we'll have you do a couple too, so thank you everybody who joined us and for asking questions, please go to Dr. Amy's website and check her out. Again, it's Dr. Amy Tweedle, ND. Let me see if I can pop that up here. Again, DrAmyTweedleND.com and if you know anybody that would need her services, please share this video, comment below in the podcast or the video, if you have any questions for her and we'll make sure that she gets them answered for you. Thank you so much for coming.

Dr. Amy Tweedle: Thanks for having me.

Dr. Nancy: Oh, you're welcome, and then I'll see you in the office soon.

Dr. Amy Tweedle: Yes. Okay, I think you will.

Dr. Nancy: Great.

Dr. Amy Tweedle: Bye.

Dr. Nancy: Bye-bye.