

How to find and choose a great natural health practitioner

People always ask me “Where do I find a massage therapist (or herbalist or naturopath or acupuncturist or.....) and “How do I know if they are any good?”

First of all, there are so many resources to finding healers in every region of the country. Start with Google. That will list quite a few options. It may also lead you to some professional listing sites that will post profiles of people in the same profession i.e. massage, chiropractic, nutrition, etc. Look for specific details, if possible, like years of experience or specialties. Write down a few choices.

Next, remember you are hiring someone. You are the one in charge. Call and interview your “potential hire”. Have a list of questions to ask. Here are some good ones:

How long have you been practicing?

What is the focus of your practice?

Can you describe your style?

What kinds of people do you work with? Male/female? Ethnic groups? Elderly? Families?

You get the gist. This will open a dialog that can give you a feel for who you are talking to. You should feel comfortable with this person and hopefully uplifted and supported. A health practitioner should never cause you to feel fear or pressure. If you do, move on.

Then, if you decide to go for an appointment, be open to the experience and aware of your feelings. If it doesn't feel right after the first appointment, never let yourself be talked in to another appointment if you don't want it. You are the one making decisions for your body. You are in charge.

This may seem radical, but I think this is how we should hire all of our health care professionals, even medical doctors. It's your body and, you are the Boss!