

# Chaparral Clinic

From the office of Dr. Caravone, ND

## A note from Dr. Caravone:

I am excited to announce that I am taking the opportunity to shift the focus of my medical training and Naturopathic education to promote more knowledge and education of the miracles of Naturopathic healing.

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## Dr. Caravone is excited to pursue the opportunities of promoting larger scale education in Naturopathic Medicine...

Dr. Caravone has been in high demand in multiple arenas ever since graduating from medical school. This demand has increased each year as has the variety of directions. Many of you have witnessed her passion for promoting education in Naturopathic Medicine. The healing and reversal of otherwise “incurable” diseases and conditions that she has experienced personally and professionally are concepts that she feels need to be known by the masses...and the people are asking for it. For years, Dr. Caravone has been mentoring medical students and physicians in attaining a deeper understanding in the etiology and pathogenesis of medical conditions, thus allowing for true possibilities of disease reversals to be achieved. **Dr. Caravone will be shifting the focus of her Naturopathic profession from doctor to educator, author, teacher, and lecturer.**

“The Naturopathic Physician is a doctor who uses natural medicine by choice because the outcome is superior to that of conventional medicine.” – Dr. Robert Broadwell, ND

“All disease is the same. It is due to violating the basic laws of Nature.”  
- Dr. James Sensenig, ND

**Naturopathic Medicine is not a modality; it is a philosophy. It is an ancient form of medicine that is rooted in a non-reductionist viewpoint of health and disease. The concept is to use any and all modalities that will treat the cause, while avoiding damaging and toxic substances that cause additional diseases (suppression of symptoms). For thousands of years, this has been the method used to bring the body back to health and thus create a true reversal of disease.**

### Naturopathic Philosophy Steps to restore health

1. Remove the obstacle that is preventing the body from its natural ability to heal itself. This usually includes removing toxins, build-ups, structural blockages, congestion etc.
2. Give the body what it needs (i.e. nutrients that it is deficient in that are required for the body's biochemical processes).
3. Stimulate the vital force (vitality) of the body so that it can be strong enough to function properly on its own again.

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## A note from Dr. Caravone continued from page 1.

I am grateful for the opportunity I have had working with you all in your healing processes, watching your health miracles occur, and all you have taught me. My private practice has been a wonderful experience: thriving, busy, and fulfilling. However, the word about my work has begun to spread a little more than anticipated and I have been sought out to take Naturopathic Medicine to a new level.

I am thrilled to be able to share my knowledge of medicine and healing with more teaching and lecturing, mentoring doctors and students, and writing books and articles.

As of January 1, 2015, I will no longer be available to see patients. The listed doctors and ATMAT practitioners on this page will be able to assist you with all of your health care needs.

Thank you for allowing me to be a part of your journey to health. It has truly been my honor.

### Medically-trained Naturopathic Doctors

Our goal is to make sure you receive continued quality care. Please be sure your Naturopathic Doctor is medically-trained (similar to an MD or DO). I have hand-selected some medically-trained NDs that I trust to care for you:

1. Drs. Cook & Lensegrav: 720-773-0451  
clearcreeknaturalmedicine.com
2. Dr. Sensenig: 203-320-2200 naturalhealthct.com
3. Dr. Zeff: 360-823-8121 salmoncreekclinic.com

For a list of other medically-trained NDs, you may visit [naturopathic.org](http://naturopathic.org) and click on "find doctors."

### Practitioners of The Arvigo Techniques of Maya

For abdominal therapy, I highly recommend the following ATMAT Practitioners:

1. DeAna Durbin (Arvada): 720-320-5270
2. Molly Green (Denver): 970-570-1544
3. Amy Colo (Boulder): 303-554-0808 or visit [amycolo.com](http://amycolo.com)

For other Arvigo Practitioners, you may visit [arvigotherapy.com](http://arvigotherapy.com) and click on "find practitioners."

"A reaction to get the body back into balance is an acute illness. When your body is not strong enough to mount a reaction, that is when it becomes chronic illness."

"Health and disease are on a continuum. Suppressing symptoms will decrease vitality by definition. NDs want to eliminate symptoms, not suppress symptoms."

"Nothing is neutral to the body. It is either constructive or destructive to the body's function."

- Dr. James Sensenig, ND

Our goal is to make sure you are in good hands and that you get continued quality health care. In Naturopathic Medicine, this means the combination in western and natural medicine that suits you best.