

## Conditions Treated

Below is a partial list of commonly treated conditions. If you do not see your health concern listed here, please enquire.

- Arthritis, joint and back pain
- ADD/ADHD
- Allergies
- Autism
- Autoimmune conditions
- Cardiovascular disease
- Chronic fatigue and fibromyalgia
- Common colds and flu
- Diabetes
- Detoxification and cleansing
- Endocrine disorders or imbalances (thyroid and adrenal)
- Fatigue
- Gastrointestinal disorders
- Headaches and migraines
- Mood disorders including anxiety and depression
- Musculoskeletal complaints
- Nutritional advising
- Skin disorders (acne, eczema or psoriasis)
- Sleep disorders
- Spinal manipulations
- Sports medicine
- Weight regulation
- Women's health, including bioidentical hormones

## Forms of Payment

- Most major insurance carriers except Medicare or Medicaid
- Cash
- Check
- Visa, MasterCard, Discover

## Detoxification

Detoxification is one modality Dr. Lynn uses to treat her patients. Her detoxification program is based on her own health crisis 25 years ago when orthodox medicine was unsuccessful.

The purpose of a liver detoxification is to bring the body back into harmony physically, hormonally and chemically. Our environment and food is laden with toxic chemicals which put a major overload on our bodies. Many illnesses and symptoms including fatigue, hormonal imbalances, anxiety, depression, digestive issues, headaches, pain, allergies, immune suppression can be traced back to a toxic liver unable to perform its function.

Dr. Lynn has designed a comprehensive two week detoxification program which removes substances and toxins overloading our body and mind. Through removing impediments to health, eating whole foods, live nutrients, enzymes, and supplements which support and tonify the bowel and liver, the nervous system, hormones, digestive tract, endocrine glands and mind are brought back into balance. People who suffer from food cravings and weight issues also find great success by following this program.

Dr. Lynn von Schneidau also teaches "Detoxification: Mind, Body and Soul" as a week long course in beautiful locations such as Mexico and Hawaii in May, October and January. She also holds a three week detoxification course in various locations throughout the Seattle area to address physical, mental and emotional health. Inquire about Dr. Lynn's upcoming classes and workshops on detoxification and wellness.



## Naturopathic Services

**Dr. Lynn von Schneidau, ND, LMP**

**Urban Oasis Yoga & Wellness**  
3310 E. Lake Sammamish Parkway SE # 1  
Sammamish, WA 98075

[425] 677-8403 info@urbanoasisyoga.com  
[www.urbanoasisyoga.com](http://www.urbanoasisyoga.com)

## What is Naturopathic medicine?

Naturopathic doctors, NDs, are physicians who focus on the whole health of patients, not just one aspect.

A naturopathic physician emphasizes the use of diet, exercise, nutritional supplements, homeopathy, physical medicine and herbal therapies to help prevent disease and promote wellness with few or no side effects.

They attend accredited, four-year graduate level naturopathic medical schools to become primary-care practitioners. They receive the same basic training as an MD or DO, and also study clinical nutrition, physical medicine, acupuncture, psychology, homeopathic and botanical medicine.

NDs treat many of the same conditions that an allopathic family doctor can treat, even in conjunction with your doctor. So come in today to determine how naturopathic medicine can fit into your health care program.

## How is it different from other medicine?

While conventional medicine relies on “quick fixes” that in some cases can be harmful in other ways, naturopathic medicine seeks to truly heal the individual. Through natural medicine and education, naturopathic physicians help bring people into their bodies. We help you identify areas of your life where changes and additions can be made to empower you to live a healthier and happier life.

*“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.”*

- Thomas Edison -

## Is Naturopathic Medicine right for me?

Naturopathic medicine gives patients choices and options not possible through “traditional” medicine, while at the same time increasing personal awareness of health and body. Dr. Lynn not only educates you about your current condition, but also gives you the pros and cons of various treatment options and advises the most appropriate course of action.

Naturopathic medicine is also pragmatic and traditional. Not every cold requires antibiotics; some just need chicken soup and sleep. However, if things get worse, Dr. Lynn is always comfortable prescribing pharmaceutical intervention when necessary. In this way, naturopathic medicine combines the innovation of pharmaceuticals and technology with the wisdom of traditional medicines to give you the best care possible.

It is very important that one is comfortable with the person they choose to take care of their health. If you are unsure if naturopathic medicine is right for you or just want to sit down and meet with Dr. Lynn in person, she is happy to provide a free 15 minute consult with you to discuss your questions.

## What services does Dr. Lynn offer?

Below is a partial list of commonly treated conditions. If you do not see your health concern listed here, please inquire.

- Office visit for acute and chronic conditions
- Cranial sacral massage
- B12 complex injections
- Gynecological exams
- School and sport physicals
- Counseling
- Nutrition consultations
- Detoxification programs and classes
- Food allergy testing
- Hormonal testing and bio-identical hormone replacement

## About Dr. Lynn von Schneidau

Dr. Lynn began her undergraduate studies at the University of Iowa, completed her Bachelor's degree from the University of California, Santa Barbara and received her Doctorate from Bastyr University.

She has practiced as a primary care physician specializing in women's health since 2001. Beginning her practice in Tacoma, she expanded to Glow Natural Health in Seattle in 2005 and is now joining the team at Urban Oasis Yoga & Wellness.

In 2008 she started a company called pure renewal which focuses on teaching health, wellness and detoxification on a larger scale. Through this venue she teaches detoxification: mind, body and soul classes locally and through week long retreats in beautiful locations such as Mexico and Hawaii.

## Her personal philosophy

My mission is to act as both a healer and teacher, helping to educate and empower my patients to take control of their health. In partnership we work to alleviate symptoms and discover the root cause of their condition.

As I feel pain and disease are the bodies way of revealing our past and/or present habits and beliefs, my approach not only examines physical symptoms, but includes work on emotional, mental and spiritual levels.

Twenty-five years ago, through my own health crisis and after years of conventional medicine, I went to a clinic in Mexico. There I was shown the power of our body to heal itself once impediments to health are removed and vital nutrients are provided.

Because of this I became a naturopath - to be the kind of doctor I wished I'd had during my own illness.