

Join me on BlogTalkRadio on Tuesday February 2, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". Naturopathy is a system of primary health care, much like 'regular' medicine but with a different approach, and a set of defining underlying principles that inform how Naturopathic Physicians practice. This episode will discuss naturopathy, it's role in health care and self care, and how it differs from more traditional health care approaches.

This episode's special guest will be **Dr. Jane Reside**. Dr. Jane Reside, B.Sc., N.D. has been practicing in downtown Victoria, BC since 2001. She began her naturopathic training at Bastyr University in Seattle, WA, and went on to finish the four year program at the Canadian College of Naturopathic Medicine in Toronto, ON where she graduated in 2000. Prior to naturopathic school, Dr. Reside obtained a degree in Biochemistry and Microbiology at the University of Victoria in Victoria, BC.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

I hope you can join us for what I am sure will be a lively discussion!

**Note:** This episode, originally scheduled for 1/19/2010, was rescheduled due to some technical difficulties at the time.