



NATUROPATHIC PHYSICIAN CHIVA-SOM

Treatments offered by Practitioner:



NATUROPATHIC CONSULTATION: The Naturopathic approach seeks to find the causes of any symptoms and implement appropriate changes. With enough support and a reduction of the underlying stress (be it dietary, physical, emotional, etc.) the body will naturally seek to cure itself. Naturopaths use herbs, homeopathy, flower remedies, nutritional supplements, lifestyle correction, exercise, detoxification and the concept of food-as-medicine to help put your health back on track.



Profile

Jason Culp has been the Naturopathic Physician at Chiva-Som since 2012. He has a primary care focus and a strong interest in the prevention and treatment of acute and chronic disease, integrating conventional medical disciplines with traditional holistic philosophy to educate the patient and treat a variety of physical, mental, and emotional conditions.

Jason's firm belief and passion is in facilitating a more healthful lifestyle through health education and empowerment of the individual to pursue their personal health goals; for several years he ran his own practice in his native California, having held several health positions (Bastyr Centre for Natural Health, Quantum Health Neurocare LLC) following his graduation and a stint as lecturer and later professor at Bridgeport University.

At Chiva-Som his specialisms include neuro feedback, counselling to help manage patients with chronic stress, chronic pain, depression, anxiety, PTSD, unresolved grief, hypertension and numerous other psychological-emotional issues. Treatments include CBT, Motivational Interviewing, Somatic Therapy, PMR, Autogenics, Breathing assessment & modification, and Constitutional Homeopathy. Physical medicine includes spinal and soft tissue manipulation, trigger point therapy, ultrasound and interferential treatments.



Qualifications: ND, Naturopath Doctor from Bridgeport University in Connecticut, Lecturer and then Professor at Bridgeport University, ran his own health practice in California.

