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Marketplace: Naturopathic treatment available in **Newpark**

Andrew Kirk, OF THE RECORD STAFF

Dr. Trevor Holly Cates is a different kind of doctor. For starters, her name is Trevor ? what can she say other than her parents liked the name? Next, she is a primary-care physician who practices naturopathic medicine. Her specialty is integrating traditional family medicine with natural, herbal and environmental remedies. She can prescribe drugs if she needs to, but she usually prefers to start with a consultation on nutrition and talk about homeopathic remedies.

If you've never heard of an "N.D." it's because there are only about five schools in the nation. During her four years of graduate education she received much of the same training as traditional physicians. She just happens to be an expert on diet, homeopathy, environmental medicine and herbal remedies, too.

Instead of diagnosing a problem and prescribing a pill, Cates says she's interested in overall health and optimal wellness. If you suffer from a headache, Cates wants to know what you eat, your personal and family medical history, your exposure to toxins and about the stresses in your life. An initial consultation usually lasts about 90 minutes, she said.

"It's like solving a mystery or finding a piece to a puzzle. What's the underlying problem and what's the best way to treat it?" she explained.

Naturopathic physicians like to think of themselves as "the doctors who listen," she said.

Patients often come to her with chronic problems or symptoms no one else has been able to relieve. She welcomes those cases, but is also comfortable treating women's hormonal problems, children's allergies, Attention-Deficit Hyperactivity Disorder, anything on the autism spectrum, digestive problems, ear infections, thyroid problems, infertility, fatigue, sleep problems and asthma, to name a few.

Allergies are one of her favorite problems to treat because it's what got her into the field.

Growing up on an organic farm in Virginia, at age 11 she developed terrible allergies to everything. She had chronic infections, tonsillitis, strep throat and other problems. She had surgeries, took medications, saw specialists. Nothing worked until she tried homeopathy. That made her a believer.

Several years later during her senior year in college she saw a television special on naturopathic medicine and realized that's where she wanted to be.

Parkite Linda Klug decided to see Cates after she couldn't find good remedies for her dry skin shortly after moving here. She said Cates has helped her solve that problem with simple Vitamin E. Klug said she's also nervous about receiving flu vaccines so Cates is helping her strengthen her immune system as an alternative.

"One of the things I like best is her manner. She's perfectly suited for mothers and children. She's extremely caring, patient and knowledgeable about alternative medicines for children," she said.

Help with her toddler has been especially helpful since over-the-counter medications for illness are not

recommended for children under age two, Klug said.

Heidi Gatch went to Cates for a consultation after meeting her in town and discussing vegetarianism.

"My experience was nice; she was attentive and focused. She seems to care about what you're saying and really listens to you," Gatch said. "Her suggestions were logical, straightforward and genuine."

Dr. Trevor Holly Cates

Naturopathic physician

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[Photo:](#)

[Dr. Cates sees patients out of an office in Kimball Junction. Photo by Grayson West/Park Record](#)

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