

Introducing San Francisco Natural Medicine

We are proud to announce that in 2008 SOMA Acupuncture & Natural Health Clinic is changing its name to San Francisco Natural Medicine. As the premier naturopathic clinic in San Francisco, our new name better reflects who we are and the services we offer.

When I founded the clinic in 1989, there was no licensing for naturopathic doctors (NDs) in California. As a licensed acupuncturist, I was able to incorporate my naturopathic training and skills under my acupuncture license, but was still limited in the services I was used to providing as a licensed naturopathic physician in Washington State. With the passage of the Naturopathic Doctors Licensing Act in 2003, this opened the door to greater scope of practice commensurate with the education and training of an ND. Now that the clinic has other NDs who bring with them expanded skills and experience, this name is a better fit.

Naturopathic medicine is new to many Californians, but has been a licensed profession in several western states since the early 1900's. It's a rapidly growing profession now licensed in 15 states. NDs are general practitioners who are trained and specialize in natural medicine. We do physical examinations, order laboratory and other medical tests, and prescribe some prescription drugs including hormones. We use many therapeutic tools, most commonly nutrition and the use of dietary supplements, herbal medicine, homeopathy, physical

medicine, and lifestyle counseling. NDs are trained to be integrative in our treatment approach and refer to MDs and other health professionals to better serve our patients' needs.

Most importantly, NDs seek to treat the causes of health problems and take a holistic approach, treating the whole person as we focus on key health issues. NDs believe strongly in prevention and educate people to stay healthy and prevent common chronic diseases.

At San Francisco Natural Medicine, my practice focuses on nutrition, herbs and acupuncture. Both Dr. Day and Dr. Horowitz specialize in women's health issues such as menstrual disorders, gyn exams and pap smears, birth control options, and hormone balancing including bioidentical hormones. Dr. Day additionally provides naturopathic bodywork therapies. Dr. Horowitz offers intravenous nutrient therapy and works with people with conditions such as chronic fatigue, fibromyalgia and cancer support. While each of our doctors has specific skills and areas of focus, all have a general practice and treat a wide range of health conditions.

You'll see changes at the clinic over the coming months reflecting our new name and identity. What will not change is our dedication to providing a personalized approach and the best health care naturopathic medicine has to offer. Please visit our web site at www.SFnatmed.com for more

Our History

- *June 1984*—Carl Hangee-Bauer receives his doctorate of Naturopathic Medicine from Bastyr University.
- *September 1985*—Dr. Hangee-Bauer moves to San Francisco after a one-year residency at Bastyr, becomes a founder of the California Assoc. of Naturopathic Physicians.
- *August 15, 1989*—Newly licensed as an acupuncturist, Dr. Carl opens SOMA Acupuncture & Natural Health Clinic in San Francisco's South of Market District.
- *March 17, 1998*—SOMA Acupuncture moves to its current location on Potrero Hill.
- *Sept. 2003*—Gov. Davis signs the Naturopathic Doctors Licensing Act. As a member of the CNDA legislative team, Dr. Hangee-Bauer played a pivotal role in the licensing campaign.
- *January 2005*—Amy Day, ND joins the practice.
- *January 14, 2005*—The first naturopathic doctor licenses are issued; Dr. Hangee-Bauer receives license #2 and Dr. Day, #4.
- *November 2006*—Erika Horowitz, ND joins the practice.
- *January 2008*—Name change to San Francisco Natural Medicine.

information about our services, conditions treated, and our doctors.

Carl Hangee-Bauer, ND, LAc

Detoxification on a Cellular Level Using Biotherapeutic Drainage

Detoxification is a big part of naturopathic theory and practice. Helping the body eliminate toxins safely and effectively can play an important role in improving health and preventing disease. One of the most useful detoxification therapies I use in my practice is the use of UNDA numbers, which are unique combinations of liquid homeopathic formulas founded on the theories of Chinese medicine, homeopathy, and anthroposophy.

How do our bodies detoxify?

The body has developed a number of ways to rid itself of toxins. Primarily, the liver, kidneys, intestines, and lungs are used to excrete waste. When these

routes are overwhelmed, secondary or emergency routes are established, because the body will do whatever it can to eliminate waste. These routes are the skin, mucous membranes of the nasal sinuses and the vaginal tract.

What is Biotherapeutic Drainage and why is it important?

The implications of drainage for health and healing are enormous. Biotherapeutic drainage using UNDA numbers enhances the body's normal routes of elimination to get rid of impurities and manage stress on our system. Drainage helps the body eliminate toxic accumulation and stimulates the organs to function properly in order to improve overall health.

Our bodies need to properly process whatever we ingest or are exposed to. When we are under stress, whether physical, emotional, chemical or environmental, this ability becomes compromised. We know that long-term stress plays a major role in most chronic disease. UNDA numbers, along with diet and lifestyle modifications, work with the body to manage stress's ill effects, so that the body can work optimally.

Our ability to eliminate plays a large part in determining health status. Health is restored when the body is able to rid itself of naturally accumulating toxins in its cells.

What are the UNDA numbers?

UNDA numbers consist of homeopathically prepared low-dose combinations of plants and minerals. The plants possess specific characteristics as to how they affect an organ or organ system; some may have a stimulating effect, whereas others will calm or sedate

an organ's functions. The minerals in the compounds affect how the cells carry out chemical reactions that are necessary to efficiently begin the detoxification process. So the plants guide the remedy to the appropriate organ system (be it digestive, cardiovascular, or respiratory) and the minerals help change the cells' biochemical function. These remedies help the body detoxify by helping cells work more efficiently and eliminate waste effectively, and by improving how our organs of elimination work.

UNDA numbers treat both acute ailments and chronic disease, addressing symptoms but more importantly concentrating on the reason that the body is manifesting the symptoms in the first place. The remedies are nontoxic, won't interfere with other allopathic or holistic medications, and have a gentle yet deep-acting effect.

I have been seeing good results using UNDA numbers as part of my naturopathic approach. If this type of therapy sounds like it could benefit you, please contact me.

Erika Horowitz, ND

Want to find out if naturopathic medicine can help you? Call to schedule a free 15-minute phone consult with one of our doctors.

**SAN FRANCISCO
NATURAL MEDICINE**
NATUROPATHIC DOCTORS
PARTNERS ON YOUR JOURNEY TO WELLNESS

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Our People



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

Carl Hangee-Bauer, ND, LAc



Amy Day, ND



Erika Horowitz, ND

Women's health specialists



Michele Hangee-Bauer, Office Manager



Shannon Fitzsimons, Receptionist