



by Nancy Cohen

## Dr. Anne Mitchell

Perhaps it is no surprise that Naturopathic Doctor Anne Mitchell counts scuba diving and watercolor painting among personal pursuits that help her feel nurtured and healthy. Scuba diving is an exhilarating hobby enabling participants to explore the depth, richness, and variety of underwater life. Similarly, the creativity inherent in watercolor painting offers new perspectives and a rainbow of potential, to say nothing of its soothing effects. Despite a full schedule involving two different offices and public speaking, Dr. Mitchell's approach to medicine and life seem to consistently involve a quest for deeper understanding, healing, and innovation. With 37 years of experience in alternative medicine, she blends many therapies to facilitate holistic well-being.

Naturopathic Doctors (ND's) are physicians specializing in Natural Family Medicine. Local ND's are licensed by the State of Connecticut to diagnose and treat medical conditions from minor ailments to life-threatening illnesses, and everything in between. Recognizing the body's innate healing ability, they are trained to identify and remove the causes of disease, treating patients using natural, non-toxic therapies. Aside from treating conditions, their goal is to maximize patient's health. Becoming an ND requires taking pre-med courses, followed by a four-year post-graduate education at an accredited naturopathic medical school. Dr. Mitchell received her education at Oregon's National College of Naturopathic Medicine. Advanced trainings she has received annually since medical school include courses at New England School of Homeopathy, Institute of Functional Medicine, and the Cranial Academy.

As an ND, Dr. Mitchell may counsel lifestyle changes like diet and exercise, as well as use of supplements to support the body. She offers various options for finding balance, facilitating change and encouraging healing. The eclectic pallet from which she works includes: massage; acupuncture; botanical medicine; craniosacral work; homeopathy; metabolic typing diets for health and weight control; and, more. Having done this work for 37 years, she says "I have a lot of tools in my back pocket." The modality she uses is more related to the person than the disease/complaint. She utilizes kinesiology to identify the most precise therapy and help process trauma.

Understanding that two people with what appear to be identical problems may require entirely different treatment plans, Dr. Mitchell focuses on each individual's current state to help them achieve wellness. She feels privileged to work with babies and children because she can support their health for their entire life. Additionally, she enjoys the challenges and complexities of adult medicine and finding ways patients can meet their goals for well-being.

Many patients are anxious to find relief from allergies and, for years, Dr. Mitchell has been a pioneering advocate for the use of a modality out of Australia called Advanced Allergy Therapeutics (AAT). AAT works to provide allergy relief without pills, medication or needles. It can be used for all ages and has been adapted for animals, as well. Rather than solely addressing symptoms, the goal is to recondition the body so it no longer reacts inappropriately to the substance that caused the initial response. Treatment consists of gentle, non-invasive stimulation of specific nerve bundles and acupuncture points along the sides of the spine while receiving a digital signal of the allergen for which treatment is being given. Stimulation points correspond to major organ systems, which are said to be temporarily strengthened upon the allergen exposure, thereby retraining the body's response. AAT is not a medical treatment. It was developed from a different field of therapeutics using principles of Traditional Chinese Medicine, physiology, and knowledge of allergens. In most cases, only one treatment is needed per allergy family. AAT may be used for such issues as: seasonal and food allergies; headaches; irritable bowel syndrome; gastric reflux; asthma and other sensitivities.

Allergy relief appointments include an evaluation and first treatment at the initial visit. Naturopathic visits are more involved, with questions concerning lifestyle, stressors, history, support systems, and anything else patients consider relevant. "I find that if I listen carefully, people almost always tell me what's really happening, why it's happening, how they got off track and even what to do to help them." She also uses regular laboratory testing, physical exams/structural evaluation, dietary analysis, computerized questionnaires, and whatever else is necessary to help assess problems and form a treatment plan.

Dr. Mitchell's myriad medical adventures began when she started in massage school in 1973 after a motorcycle accident. Though learning more and changing in response to other life events after that time, that accident remained a pivotal point and, as she reveals, "the human body and the human being have kept me interested ever since."

*Dr. Mitchell is an Anthem Blue Cross participating provider. Office locations: 2 Broadway in North Haven, CT; and, 1007 Farmington Ave, Ste 7A, in West Hartford, CT. She is reachable at 203.239.3400, beallergyfree@gmail.com, or by visiting <http://annemitchellnd.com>, or <http://aarct.com/index.html>.*

