

## ***Karen Benton, Naturopathic Physician*** ***Your partner in better health and Natural Medicine expert***

***Karen Benton, licensed Naturopathic Physician...*** *It may be more accurate to call her the “doctor who cares” when it comes to helping people along their journey to better health. She is equipped with solid medical training and clinical experience along with a variety of natural medicine tools such as botanical medicine, homeopathy, biotherapeutic healing and drainage, and nutritional counseling. You can count on Karen to support you and get to the root of your health care issues, and treat the cause-- not just give you a pill to palliate symptoms.*

*She is a licensed naturopathic physician who graduated from the National College of Natural Medicine, a four-year medical naturopathic school in Portland, OR. She continues to hold her license from the State of Washington, and has recently returned to Boise after a 15-year absence. Karen was also a primary caregiver and hospice volunteer for over seven years. She specializes in “second half of life” care, and helping turn chronic conditions into chronic wellness.*

*How much could your health improve if you had a health care partner who would recommend the best natural medicine tools to meet your individualized needs? What would your life be like if you had the energy to enjoy your life to the fullest? Why not find out...*

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***“I would like to say that Karen Benton is a very professional and proficient naturopathic doctor. She literally saved my life!***

***I would recommend her to anyone seeking this kind of care; they would never regret the choice”.***

***Marcia O...  
Indianapolis, IN. (previously Vancouver, WA)***

**“I have a passion for helping people tap into their own healing powers and be able to realize their own better health!”**

### ***HAVE YOU EVER SAID TO YOURSELF...?***

- ✓ ***“I wish I had more energy...I’m just so tired”***
- ✓ ***“ What happened, I don’t feel young any more”***
  - ✓ ***“I’m taking all these vitamins and medicines, but I still don’t feel any better”***
- ✓ ***“When I go to the doctor, I just don’t get answers I can understand”***
- ✓ ***“I’d love to find a health care provider who will really LISTEN to me and is committed to helping me improve my health.”***



### ***CONTACT ME***

[drbenton@comcast.net](mailto:drbenton@comcast.net)  
<http://www.countrydoc.com>

Twitter.com/countrydoccom  
Facebook: Karen Benton  
Telephone: (208) 344-1459  
Fax: (208) 336-8670

## ***One person's story ...worth reading!***

*"A few years ago, Dr. Benton gave a lunch talk on "Food and Mood" at my office. I was so impressed by what she had to say that I immediately went back to my desk and called her office for an appointment! I was 54 at the time and my main objective was alternative treatment/support for peri-menopause symptoms. In the short period between the time I called and my appointment I was diagnosed with breast cancer.*

*Dr. Benton supported me through that time in many ways. Nutritional counseling helped me feel strong and energetic through treatment. Homeopathic medicines helped offset side effects. Her advice to be physically active helped me stay mentally positive. And, she was always there with emotional support, even by phone or email in between appointments.*

*The next thing we worked on was insomnia. Between taking an herbal sleep blend for a short period of time and some changes in routine I now "sleep like a baby". That was the short-term.*

*In the long-term we worked on food sensitivities and immune system strengthening. I didn't think I had any food sensitivities until Dr. Benton suggested that I try not eating a certain food for six weeks. The difference was amazing. I had much more energy and symptoms that I thought were a normal part of aging disappeared. I have never had much in the way of colds, flu etc so I never paid any attention to my immune system until it failed enough to allow a cancer cell to grow into a tumor. Dr. Benton taught me several simple techniques to strengthen my immune system and keep it strong.*

*Another service that was very valuable to me was her analysis of supplements/vitamins I was taking. For the first time in my life I am confident that I am taking exactly what is right for my body.*

*Dr. Benton is a smart, kind, caring and gentle physician. She empowers you to make good decisions about your health and supports you in the process. She knows each of her patients as a person, not a health record number, and you will never feel rushed during an appointment with her. She educates and encourages. If I chose not to take one of her suggestions there was no judgment from her – but I soon told myself "Why wouldn't I follow her advice? It works!"*

*Susan R...  
Vancouver, WA.*

### **GIFT OF HEALTH CERTIFICATE**

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*This certificate entitles the bearer*

*To a 35% discount on an initial consult with Karen Benton,  
Naturopathic Physician*

*House calls within Boise area at no additional charge*

**Karen J. Benton, ND**  
1320 W. Highland  
View Dr.  
Boise, ID. 83702  
(208) 344-1459

Name \_\_\_\_\_

*I care about YOU and your health!*  
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