

Questions for Dr. Susan McCreadie, Holistic Pediatrician

When you were a kid, what did you want to be when you grew up?

I wanted to be a nurse. My mother was a nurse in a community emergency room and I loved going to work with her. I don't remember exactly when, but at some point my mother encouraged me to become a doctor, and I listened! Amazing!

How did you feel about going to the doctor when you were a kid?

I don't remember going to the doctor that much, fortunately. I do have a vivid memory of a personal emergency room experience for intussusception, the most common abdominal emergency in early childhood. I will leave out the painful details, but what struck me was that I walked out of that emergency room healthy and happy.

Who among your parents, grandparents or ancestors were healers or doctors or health care providers?

My mother was a registered nurse and spent most of her career in the emergency room. She has always been an inspiration in my life and a huge source of encouragement. My father always said, "You can be anything you want to be" and my mother's favorite saying is "If it doesn't kill you, it builds character". This helps me to always think BIG and not get stuck on the obstacles that are thrown my way in life.

What do you love most about your daily work as a pediatrician?

I absolutely adore children. They motivate and inspire me to keep on trying to find solutions. When I feel beaten down, or want to hide in a corner, I resurface because of them. I just look into their eyes and connect with them and realize they came to me for a reason. I cannot give up on them. I must keep trying to find solutions to help each one of them heal.

What's the hardest part, for you, about taking care of kids and their health?

When we struggle to get improvement in the child's condition, I find myself getting impatient. The typical American wants the solution yesterday; I'm no different. I have found that persistence pays! An 8 year old boy with autism, whom I just can't help but hug every time I see him, said "I love you Mama" after 7 years of non-sensical speech. The mother called me and we both cried. Can you even imagine? It reminds me to have perfect faith, to never give up, even when you think the condition is hopeless.



Yes, that's a mouthful of techniques. I look at it more as my personal journey. Each modality came into my life for a reason and I draw on each of them at times. I naturally focused and implemented each technique at different times into my practice. It is too challenging to focus on all these modalities; I have chosen homeopathy as my primary way to help children heal. The parents in my practice are amazing; they have a tremendous amount of knowledge themselves. Most of the children I work with have seen many doctors for their condition, and this makes for smart parents! The parents vary in their knowledge of homeopathy, and depending on the parent that can be challenging. Yet, they want their child to heal, so they step forward in faith and trust that homeopathy can work.

Do you have children of your own?

Yes, I have 2 girls: Kaitlin is 4 years old and Elle is 2 years old. My angels sent from above!



Dr. Susan McCreadie and her husband, Dave McCreadie, and their two children, Elle (in costume) and Kaitlin.

You have been trained as an allopath and as a homeopath. You also have credentials in acupuncture, craniosacral therapy, Neuro Emotional Technique, and Reiki. That is quite an impressive integration of modalities to bring into a pediatric practice. Is that challenging at times, and in what ways? And do parents ever find it challenging, inasmuch as they may or may not understand some of the different approaches you incorporate?

From looking at your website, it appears that you've lived or studied in England, Florida, Los Angeles, and Detroit. Where were you raised, and how long have you lived in the Ann Arbor area?

I was born in Detroit and raised in Farmington Hills, MI, where I lived through my chief resident year in Pediatrics. My husband and I moved our family here to Ann Arbor almost 3 years ago. We both attended undergraduate at U of M and were eager to move back. Ann Arbor has exceeded our expectations in all ways. We absolutely love this community.

What's the most exotic place you've traveled to? And what exotic or remote place would you still like to visit?

In high school, I traveled with my family on a mission trip to Haiti, and I traveled with my French class to Togo, Africa. During my pediatric residency I traveled with Operation Smile to Morocco, which led to a trip to Australia and New Zealand. My husband and I honeymooned in Peru, and hiked to Machu Picchu. It's hard for me to choose between all of those. I feel so fortunate to have seen these places. I do think Haiti had the most impact on me; it was the first time I had seen such poverty. We look forward to traveling more when our kids are older. We toss around a lot of ideas, but none are repeats, yet!

What do you do for fun?

I laugh with friends and family. There's nothing more fun than that!

What are you looking forward to doing this summer in the Ann Arbor area?

We are looking forward to seeing all the activity at the Ann Arbor Summer Festival - our kids love the music. We also enjoy swimming with friends at the Ann Arbor Racquet Club, and can't wait for more sunshine and BBQ's.

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Dr. Susan McCreadie's new website is at www.NoursishMD.com