

Dear past and prospective clients, below is an outline of my education that pertains to the services I offer in order to assist you in a well-rounded way. After my dual masters in Naturopathy and Integrative Medicine, I didn't stop there! Below is a brief list of evaluation techniques and healing modalities.

- 🔗 **Functional Medicine** – a patient centered, rather than disease centered, thorough evaluation. The training specifically focused on how to analyze chronic, degenerative, and inflammatory disorders and what lab work to utilize in addition to how to interpret it.
- 🔗 **Hair Tissue Mineral Analysis**- lab created report from hair test with a detailed report that explains the mineral *ratios and levels* in correlation to health conditions.
- 🔗 **Metabolic Analysis** This testing is a great way to monitor progress! Incorporating the evaluation of the nervous system (primarily the function of glands) in relation to all the other systems of the body and then supplementing with specific nutrients that works to obtain metabolic homeostasis. This is called *Metabolic Analysis and Nutritional Therapy (MANT)*.
- 🔗 **Kinesiology** (Muscle testing) assessing your needs using a specific technique of kinesiology. *Whole Food Targeted Nutrition* is a program I formed using substantiated healthcare protocols in Molecular Nutrition to address your health concerns/conditions.
- 🔗 **Molecular Nutrition**- This was phenomenal training based on the diet of primitive cultures and combined with today's science in formulation of supplements that have the longest track record of creating healthy changes!

Additional Certifications (in addition to Certified Traditional Naturopath, Quantum Naturopath Technician, Holistic Health Practitioner and Biofeedback Specialist):

- 🔗 **Digestive Health Specialist**- utilizes a particular exam, urine analysis, and *Signs & Symptoms Survey* to assess enzyme deficiencies and apply **Enzyme Therapy**.
- 🔗 **Certified Assertiveness Coach, Life Purpose Coach, Neuro-Linguistic Programming and Cognitive Behavior Therapy**



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