

A photograph of a person standing on a sandy beach, facing away from the camera with their arms outstretched towards a bright sunset over the ocean. The sky is filled with soft, golden clouds, and the water reflects the low sun. The person is wearing a light-colored, long-sleeved shirt and pants.

WELLNESS *Without Limits*

*How Naturopathic Medicine
Can Help You Overcome Health Concerns,
Improve Your Energy Level and
Look & Feel Your Best
For Years to Come*

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Introduction



You're here right now because you're looking for ways to improve or reclaim your health. Maybe you have a chronic health condition that is undermining your energy level, digestive function, or nervous system. Or perhaps you are struggling with a stress-related condition such as insomnia, anxiety, or even chronic pain. It could also be the case that you are in relatively good health, but you know it could be better.

Whatever your current experience is, we commend you for making your health a top priority. This inner commitment to a higher level of well-being is always the first step in the healing process. Given that you're reading this, you've already taken this step which is a very positive sign that you can indeed live a longer, happier, healthier life.

The information in this e-book has been designed to help you transform your life. We're not talking about superficial changes either, like losing five pounds or taking your cholesterol down a point or two. Our mission is to help you create lasting and profound changes in your health that will have a dramatic impact on your quality of life. We want to do everything we can to ensure that:

- you have the level of energy you need to live life to its fullest
- you feel happy and confident about your weight, appearance, and body image
- you have all the right resources in place to overcome chronic health concerns
- you know how to keep unwanted stress to a minimum

- you have a supportive and skilled healthcare team to help you reach your health goals

If you think about it, there's truly nothing more important than your health. Every aspect of life is compromised if you're struggling with various health concerns. On the contrary, when you have a high level of well-being, every aspect of your life tends to flourish. Many people are deeply conditioned in our modern society to put their needs last and to take care of others at the expense of their own well-being. We invite you to consider an alternative viewpoint, one that is much more empowering and life-affirming:

When you put your needs first and take care of your health as a top priority, your ability to genuinely give to others around you increases exponentially.

We have seen this time and again with our patients. They often report how much better all aspects of their lives are once they improve their health. Their work, relationships, and performance levels often reach new levels of success and fulfillment. We want to see these same breakthroughs for you!

The information in this e-book is an excellent start to creating the level of health and quality of life you're looking for. Take the time to absorb the pages that follow and to deeply contemplate how these various principles and tips can help you.

We are going to cover four simple steps you can take to improve your health starting right now. The last step will discuss the many benefits of naturopathic medicine, so be sure to review that information carefully if you're serious about reaching your health and life goals as gracefully as possible.

At the end of the e-book, we'll give you an overview of the next step in working with us. For now, be sure to remove any distractions and give this information your full, undivided attention. Once again, you're here for a very important reason. We're excited to guide you through this process of reclaiming your health, creating a foundation for balance and longevity, and living to your fullest potential. Let's begin!

STEP #1 ~ Choose Life-Enhancing Foods

“Let food be thy medicine, and medicine be thy food” – Hippocrates



The food you eat can transform your entire life. Because most of us are so busy, we tend to rely heavily on fast food, take out meals, or we flat out skip meals. With so many things we feel that we have to put before meal preparation, it's not surprising that most of us struggle to get a lot of whole foods into our diet. The problem is that this trend is wreaking havoc on our health.

We need to bring the focus back to health, whole food in your life-- but to do so in a way that feels workable for you based on your current lifestyle. With the overwhelming amount of diets, gimmicks, gurus, and weight loss books out there, you likely feel confused about who to turn to and how to find the best approach for your needs. If that's the case, let's break this down into some simple actions steps that you can implement immediately. Also, please know that creating optimal nutritional plans is a key component of the treatment approach we embrace in our practice. While we can offer a few general pointers here, it's important to create a customized plan that reflects your unique body type and health concerns.

We often think of food in terms of calories, fats, carbs, and protein, but it is actually much more than this. You can think of food as information that directly communicates with your genes. This communication is definitely positive or negative, in that it either signals your genes to activate disease mechanisms, inflammation, and premature aging, or it enhances health, prevents disease, and promotes longevity.

The first step you want to take (with the goal being to keep this as simple as possible) is to start eating whole foods and minimizing processed foods. Whole foods include:

- fruit
- vegetables
- beans
- legumes
- fish

- meat/poultry

In these basic food groups, you have an infinite variety of choices when it comes to preparing healthy meals for you and your family.

We also recommend that you choose organic food as much as possible. Shopping at health food stores as opposed to conventional grocery stores is an extremely helpful step to take in improving your health and quality of life. Many studies have shown that the pesticide residue in organic crops is much less than conventional crops.

Do you want pesticides on your food? Probably not, as they have been linked to all kinds of potential health concerns. On top of this, the nutritional density of conventional foods has been shown in many studies to be lower than organic foods.

While I am firm believer that we as a society will improve and maintain our health by adding more vegetables and fruit to their daily regime, I have realized that not *everyone's* biochemistry is optimized by becoming pure Vegan or Vegetarian. Many do improve a large variety of health issues by switching to this eating style, and for that I commend you! That being said, if you are going to eat animal products – ensure you are consuming the highest quality you can afford. Also, choose products that are 'Free Range'. This means the animal will feed on what grows in the pasture (i.e. grasses), as opposed to what is put in a bowl (often fattening grains). This is an excellent way to ensure optimal nutritional benefits and minimize inflammation from animal products.

A general rule of thumb is to do everything possible to minimize GMO's (genetically modified organisms), pesticides, herbicides, additives, preservatives, artificial colors and flavors in your diet. The less your body has to process synthetic ingredients, the healthier you will be.

Cutting Through the Inflammatory Response

One of the keys to healthy eating is to minimize the inflammatory response as much as possible. Many of our most prevalent health conditions are due to chronic inflammation, which is largely caused by various dietary imbalances.

Eating an organic whole foods diet is one of the best steps you can take to decrease inflammation in your system. Minimizing refined sugars, carbohydrates, and the synthetic agents listed above will substantially decrease inflammation. On top of this, it's also important to understand what kinds of fats to focus on in your diet.

Many of us have been taught that all fat is 'bad' and that we should do everything possible to have a fat-free diet. While it is true that we should not indulge in saturated fats on a regular basis, there are many foods with beneficial fats that we need for optimal nourishment.

In particular, focus on eating Omega 3 fatty acids, which help your body to produce anti-inflammatory prostaglandins. Foods such as cold water fish, dark green vegetables, flax and hemp seeds, and walnuts are rich in Omega 3 fatty acids.

Do your best to get more of these foods in your diet, while minimizing Omega 6 fatty acids, which are found primarily in the processed vegetable oils that are widely used for cooking. Use olive oil instead of canola or vegetable oil for this purpose.

Another food group that most of us do not get enough of in our diet is fermented foods. These foods have enormous systemic health benefits for both body and mind. Here is a list of fermented foods that you should incorporate into your diet on a regular basis:

- Olives
- pickles
- grass-fed raw milk cheese
- wine
- yogurt
- kefir
- sauerkraut
- kimchi
- fermented soy like natto, miso and tempeh

Fermented foods tend to be very beneficial for immune health, as they are packed with Omega 3's, B vitamins, and digestive enzymes.

With the right daily balance of organic grass-fed meats, whole grains, vegetables, fruits, omega 3's, and fermented foods, your diet will begin to profoundly benefit your overall health and well-being.

Now that you know how important this is to your health, you may start to naturally value your food intake more, and thus make meal preparation more of a priority. There are tons of great books on Amazon.com that will help you prepare health foods with minimal time investment. Once you start to feel increased energy, better digestion, and improvement in your overall health, there's no turning back. You see more clearly how your food intake either 'kills you or cures you', and it just makes sense to choose the latter, and use food as medicine as much as possible.

STEP #2 ~ Move Your Body: How Exercise Can Transform Your Life



Choosing foods that can optimally nourish your body and mind is without question one of the most important steps you can take to achieve a higher level of health and well-being. Perhaps the next most important lifestyle change you can make is to commit to moving your body on a regular basis.

When we are struggling with various health concerns, stress, or fatigue, exercise often feels like the last thing we want to take on. We have to remember though, that not exercising on a regular basis is likely a major reason why we are struggling with our health.

Countless studies have shown that people who exercise routinely enjoy better health than those who don't. Even with such overwhelming evidence to support the benefits of regular movement, we still live in a culture where most people sit behind a desk for 8-10 hours per day, then come home to sit on the couch for several more hours watching TV or surfing the net.

We all know how easy it is to fall into this trap, as it tends to create a downward spiral. Right now, you can choose to never be a victim to this habit again! You can get inspired to become as healthy and vital as you possibly can. There really is nothing stopping you from moving in this direction, aside from a storyline happening in your mind about why it's not possible for you.

Once you start moving your body on a regular basis, you'll likely notice that this new habit creates a new momentum in your life, one that is based on increased energy, enthusiasm, and enjoyment.

Yes--many of us will experience a temporary phase of discomfort as we commit to an exercise program, but we have to remember that it is well worth it, given how profound the benefits are from regular exercise.

The secret key to a lifelong commitment to exercise is to find ways to move your body that you actually enjoy. It's nearly impossible to do anything long-term if we resist or strongly dislike the process. Every single one of us can move our bodies in a way that provides a great deal of enjoyment --even pleasure. Many people find that partaking in competitive sports provides the greatest source of enjoyment. Others connect more with contemplative exercises like Yoga and Tai Chi. The best approach is one that combines cardio, strength training, and flexibility/stretching exercises.

Low intensity cardio exercises such as walking and jogging are great for your heart health, as they lower blood pressure and cholesterol. High intensity cardio such as plyometrics and interval training are excellent for weight loss, increased energy, mental clarity, and emotional well-being.

Strength training helps to preserve lean muscle mass, keep your bones strong, and keep your metabolism functioning optimally. All of these forms of exercise help you sleep better, improve your circulation, and reduce chronic pain.

See if you can commit to exercising 3-4 times per week starting as soon as possible. Begin with a very simple routine that works well with your schedule. That could mean walking or light jogging, weight lifting, or going to yoga or cardio classes at the local gym. Consider this to be sacred time to build into your life, as you are literally preserving and building upon your health by committing to a regular exercise schedule.

STEP #3 ~ Find Inner Tranquility: Simple Ways to Reduce Your Stress



You're probably heard the statistic that approximately 80% of our modern health concerns are stress-related. In our clinical experience, we have found this to be absolutely true. Most of us have never been taught how to effectively manage stress in our lives. It's ironic if you think about it-- we spend so much of our youth taking in all kinds of facts and information, but there is rarely if ever any focus given to the things that tend to matter most in life, such as how to proactively create a life of well-being and a heightened level of fulfillment.

Stress truly is an epidemic in our modern world. Most people feel one or all of the following:

- overwhelmed with their daily responsibilities
- worried about their future
- out of control or racing thoughts on a regular basis
- tension in the diaphragm, shoulders, and neck
- shallow breathing
- indigestion
- fatigue, exhaustion, or depletion
- irritability or impatience
- insomnia or restless sleep
- hormonal imbalances
- premature aging
- food cravings or loss of appetite

The list goes on and on. Many people suffer needlessly with these issues and have run out of hope that there are indeed incredibly helpful solutions.

The good news is that reducing stress in your life can actually be a very simple process. In fact, the more simple the approach, the more effective it tends to be! Many of us overlook options for healing that are right in front of us, as we are conditioned to believe that we have to turn to expensive or complicated procedures to make ourselves feel better. While this can be the case, more often than not, some simple lifestyle adjustments can go a long way toward reducing or even eliminating stress from your life.

Let's cover a couple of these options here:

1. Breathe more deeply

One of the most powerful habits you can form is to breathe deeply into your diaphragm throughout the day. Most of us are caught in the life-denying habit of breathing to about 10% of our lung capacity, which deprives our bodies of a primary source of nourishment--oxygen. If your breathing is shallow, it's almost automatic that you will experience more stress, pain, fatigue, and anxiety than you'd like.

In many cultures throughout the world, the breath is considered a gateway into enhanced living. Simply by training yourself to breathe more deeply, you'll set the state for a variety of incredible health benefits, such as:

- more mental clarity and calmness
- reduced muscle tensions
- more energy
- more confidence
- increased sense of well-being

From this point forward, see if you can get in the habit of breathing deeply throughout your day--while you're driving your car, in the shower, talking with someone on the phone, or standing in line at the grocery store-- you have ample opportunity each and every day to deepen the breath.

2. Keep your focus on what you want in your life

This action step tends to go hand in hand with deeper breathing, as the breath is what enables you to clarify your focus and remember that you have a choice where you put your attention. Most of us go through our day focusing on what we don't want in our lives-- financial worries, relationship troubles, work tension, and so on.

Our minds tend to spin around the same cycles of thinking over and over, which inevitably produces more of the same circumstances showing up in our lives. This makes many of us feel like we are caught in a vicious cycle of distress, as no matter what we do, we can't seem to get out of our limited circumstances.

As Albert Einstein said, 'Our problems can't be solved by the same level of thinking that created them.'

What this means is that we have to bring a new focus to our lives. Instead of habitually focusing on our problems, we train our minds to focus on what we appreciate about life as it is now. If you can start feeling a sense of gratitude for all of the positive qualities of you and your circumstances right now, you'll inevitably notice that more life-enhancing situations start to show up for you.

It's important to remember that you DO have a choice in what you focus on. If you're currently struggling with a chronic health concern, there is a way to be solution-oriented and inspired in your relationship with it, rather than disempowered and deflated. In our experience, helping our patients create this shift in mindset is one of the gateways to healing.

In our clinic, we have a variety of tools and resources to help you manage stress effectively. By doing this for our patients, we are able to address the root cause of their health concerns instead of just putting a temporary bandage on them.

STEP #4 ~ Choose Naturopathic Medicine: Why It's the Ideal Choice for You and Your Family



"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease." – Thomas Edison

Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. By using protocols that minimize the risk of harm, naturopathic doctors help facilitate the body's inherent ability to restore and maintain optimal health.

Treating both acute and chronic conditions, naturopathic treatments are chosen based on the individual patient – their physiological, structural, psychological, social, spiritual, environment and lifestyle factors.

In addition to diet and lifestyle changes, natural therapies including botanical medicine, clinical nutrition, hydrotherapy, homeopathy, naturopathic manipulation, traditional Chinese medicine/acupuncture, and IV (parenteral) therapy.

As a result, naturopathic doctors are guided by six fundamental healing principles:

1. First Do No Harm (Primum Non Nocere): Naturopathic physicians follow three guidelines to avoid harming the patient:

- a) Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat;
- b) Avoid when possible the harmful suppression of symptoms;
- c) Acknowledge, respect and work with the individual's self-healing process.

2. The Healing Power of Nature (Vis Medicatrix Naturae): Naturopathic medicine recognizes an inherent self-healing process in the person, which is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.

3. Identify and Treat the Causes (Tolle Causam): The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than to merely eliminate or suppress symptoms.

4. Doctor as Teacher (Docere): Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.

5. Treat the Whole Person: Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development.

6. Prevention: Naturopathic physicians emphasize the prevention of disease -assessing risk factors, heredity and susceptibility to disease and making appropriate interventions in partnership with their patients to prevent illness.

Naturopathic medicine is committed to the creation of a healthy world in which humanity may thrive.

Symptoms of disease are seen as warning signals of improper functioning of the body, and unfavorable lifestyle habits. Naturopathic Medicine emphasizes disease as a process rather than as an entity. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment. Naturopathic doctors work in private practices, hospitals, clinics and community health centers. Qualified ND's undergo rigorous training before they become licensed health-care practitioners.

NDs treat all medical conditions and can provide both individual and family health care. Among the most common ailments they treat are allergies, chronic pain, digestive issues, hormonal imbalances, obesity, respiratory conditions, heart disease, fertility problems, menopause, adrenal fatigue, cancer, fibromyalgia and chronic fatigue syndrome.

NDs can perform minor surgeries, such as removing cysts or stitching up superficial wounds. However, they do not practice major surgery.

Similar to MD's, NDs are heavily trained in pharmaceutical medications, and have prescription rights in many areas. Although the emphasis of naturopathic medicine is the use of natural healing agents, ND's have the highest training of how to integrate the simultaneous use of evidence-based natural treatments and prescription drugs.

In North America, the naturopathic medical profession's infrastructure includes accredited educational institutions, professional licensing, national standards of practice, participation in many federal health committee initiatives, and a commitment to state-of-the-art scientific research. Over 2,400 years ago Hippocrates was the first to proclaim "the healing power of nature". Known as the founder of medicine, he believed in the natural healing ability of rest, a good diet, fresh air and cleanliness. Naturopathic medicine is based on this ancient philosophy.

Early doctors such as Benedict Lust and Henry Lindlar were instrumental in bringing many of the healing practices from Europe to America in the late 1800s. During the early 1900s naturopathic medicine enjoyed much growth and acceptance. The 1920s to the 1970s were a time of tremendous struggle for the naturopathic profession as the focus of health care shifted toward pharmaceutical medicine and medical institutions. After the Second World War the trust of health care was placed on the advances in surgical techniques, the introduction of antibiotics and growth of the pharmaceutical industries. The more traditional healing practices lost ground. This was an era of scientific reductionism and an almost blind faith in the medical 'miracle'. This approach continued through the 1950s.

Today, naturopathic medicine has established accredited institutions and programs, has strong national and provincial associations and, most importantly, it continues to graduate naturopathic doctors that embrace the principles of the healing power of the body – treating the root cause of disease and offering individualized treatment to each person.

In the last twenty years, public desire for greater control in their health care process and a growing dissatisfaction with high tech solutions to health problems has resulted in a resurgent interest in the natural methods of preventive health care. This trend has increased demand for naturopathic services as people seek ways to improve their health, cope with day-to-day stresses and avoid illness.

Naturopathic medicine treats all forms of health concerns -- from pediatric to geriatric, from irritating symptoms to chronic illness and from the physical to the psychological. It is the approach, philosophy and training of naturopathic doctors that sets it apart from other forms of health care.

There are typically three types of patients that seek naturopathic medical care:

1. **Patients that are looking for disease prevention and health promotion strategies.** Individuals that recognize that health doesn't just happen by chance, that it is a life-long process that involves a clear understanding of the factors that affect health and

how to deal with them on a daily basis. People looking for health promotion as a way of life is increasing tremendously all the time.

2. Patients that have a range of symptoms that they have been unable to address on their own or with the help of other medical practitioners.

With Naturopathic medicine's broad understanding of health and the relationship between health, life and the environment naturopathic doctors are often able to offer patients a new perspective and provide safe and effective ways to restore health.

3. Patients that have been diagnosed with an illness and are looking for alternative treatments.

Naturopathic medicine is very effective in improving quality of life for those with serious and life threatening illnesses. It is used extensively and effectively for those patients that are looking to combine conventional and naturopathic treatments with the aim of minimizing side effects to drugs, surgery or conventional treatments.

The naturopathic philosophy is to stimulate the healing power of the body and to treat the root cause of disease. For many patients, this difference in approach to health provides them with a new perspective and awareness. By addressing the root cause(s) of disease and through the appropriate use of natural therapies many patients with chronic illness have found tremendous benefits.

Naturopathic doctors are experiencing greater recognition as health care practitioners and as experts in the field of natural and preventive medicine. They provide leadership in natural medical research and enjoy increasing political influence. Positions for naturopathic doctors are opening up in hospitals, multi-disciplinary clinics and specialized health centers across North America, and abroad.

In this new century, the naturopathic profession finds itself well positioned in health care. With more and more research supporting the therapies used by naturopathic doctors, the public demand for greater choice and increased access to more natural approaches to health care, naturopathic medicine is poised to make the transition from "alternative" medicine to "mainstream" medicine.

‘How do I Know If Naturopathic Medicine is Right For Me?’

This is a question that many of our patients ask when they are considering the best ways to reach their health goals and overcome chronic health concerns. This bullet point list will clearly help you determine if we can help you:

- I am interested in getting to the root cause of my health concerns and don't want to just put a 'bandaid' on them
- I want to experience relief and healing without side effects
- I want my entire quality of health and life to improve-- not to just feel a little bit better in one specific area of my body

- I want a healthcare team that truly cares about me and is committed to helping me experience lasting healing and well-being
- I don't want to be rushed through the healthcare process
- I want healthcare providers that will really listen to me
- I struggle with chronic health issues that have not responded very well to conventional medical approaches
- I am not sick or unwell, but I just know that my health could be a whole lot better.
- I feel like I don't know how to manage stress very well
- I'm ready to make lasting lifestyle changes and will do whatever it takes to finally feel fully alive
- I know that investing in my health is one of the most important priorities in life

If any or all of these statements describe you, then there's an excellent chance that we can help! Keep reading so you too can enjoy the amazing and profound benefits that naturopathic care has to offer.

Conclusion



Congratulations, you made it! Hopefully at this point you're feeling inspired to do everything possible to live the fullest, healthiest life possible. All of the information you just learned is really going to help you achieve this goal. The key is to work your way into these steps gradually and to find your own rhythm and pace in making lifestyle changes. For many, the initial phase of change is the most challenging, as they are often letting go of patterns and habits that have been there for a long time. This can put the body and mind through a temporary state of discomfort, as you adjust to more life-affirming lifestyle choices. Just know that it's 100% worth it to move through this phase, as just on the other side is a newfound level of energy, mental clarity, and physical well-being that you previously could not have imagined.

Seeking out the help of qualified natural healthcare experts is one of the most important steps you can take to create the changes we've outlined here. This is true whether you have specific health concerns you want to overcome, or you struggle with lifestyle choices that create imbalance. Naturopathic medicine can greatly expedite the process of rectifying various imbalances, healing chronic conditions and aging in the most optimal way possible.

We know how easy it is to feel a temporary flicker of inspiration to make the changes we've outlined here. There's a part of you that deeply wants this, and there may be another part that resists changing what you're doing now, even if it's not totally working for you. We strongly encourage you to listen to that part of you that longs for the most fulfilling, healthiest life you can live. This means taking action NOW! Don't put off your health for another day. After all, your situation won't change until you decide to change it.

Taking that first step of getting the support and guidance you need can feel like a big deal. When you call our office, you'll be met with an incredibly warm and caring staff who will do everything in their power to help you. We understand that getting proactive about your health can feel a little out of your comfort zone. Our promise to you is that you will feel comfortable in our office and we will treat you with care and respect.

Call us today at (603)610-8882 for a free consult so we can discuss your unique situation and determine if our services can help you. As mentioned, if you have chronic health concerns, low energy, excess weight, pain, or stress, there's a very good chance that you're in the right place. If so, we can offer a profound level of support.

We appreciate the time and focus you've given to this e-book and we hope you've already learned a great deal about living a life of optimal wellness.

About the Authors

Dr. Nicole Schertell (ND, CCT)

Dr. Schertell is a licensed naturopathic medical doctor and treats both adults and children of all ages who prefer the natural approach over prescription medications. Dr. Schertell believes that the body is wise and that each person possesses the ability to heal when given the proper support. She will work to identify and treat the cause of imbalance rather than suppressing symptoms, and routinely performs physical exams and laboratory testing to assist with this process. Dr. Schertell was trained to provide primary care services to her patients, although many times she works in collaboration with many patient's existing PCPs.

Dr. Schertell believes that prevention is the best medicine, and this is what lead her to practice the FDA-approved screening technology known as Digital Infrared Thermography. This cutting-edge technology is growing in popularity as a breast cancer screening tool, offering the potential for earlier detection of breast disease than has been possible through breast self-exams, doctor examination or mammography alone.



Educational Background:

Dr. Schertell designed her bachelor's degree and was the first student to graduate from the University of New Hampshire with a background in Pre-Naturopathic Medicine. She then went on to attend a 4-year medical school and earned her doctorate from the Southwest College of Naturopathic Medicine in Tempe, AZ. Dr. Schertell is also a board certified clinical thermographer (CCT) trained by the American College of Clinical Thermology, and member of the American Association of Naturopathic Physicians.

John Dempster, ND, FAARM, ABAAHP

Dr. John Dempster is a licensed Naturopathic Doctor and is the medical director/founder of The Dempster Clinic – Center for Integrated Medicine. At his Yorkville clinic in Toronto, Ontario, he treats a variety of patients ranging from high performance athletes to those with chronic illness such as Cancer, Heart Disease, Diabetes, Autoimmune illness, and more. As a result, Dr. Dempster has a clinical focus on Intravenous (parenteral) Nutritional Therapies when treating and preventing chronic illness. Dr. Dempster believes that healing comes from within, and that the body has an innate capacity to heal itself. He encourages and empowers each individual with new skills to achieve their health goals.



As an avid seeker in integrative and evidence based medicine, he is currently furthering his studies by completing an advanced fellowship in functional, regenerative, and anti-aging medicine (FAARM). In addition to his busy practice, he writes regularly for a number of publications and speaks to corporations on a variety of health & wellness topics. In addition, he is also featured frequently on national television, radio, newspapers and magazines.

Aside from treating patients and teaching those how to improve their health and lifestyle, Dr. Dempster finds time to live a balanced life. He is passionate about the outdoors and is an avid downhill skier, fly fisherman, and white water canoe tripper throughout Canada's arctic.

For more information on Dr. Dempster please visit his website www.thedempsterclinic.com.

Passionate about building a community of wellness, I write health articles and give talks and workshops throughout Ottawa. I have organized meditation groups and garden committees, as well as volunteered for palliative care, peer support and environmental conservation groups.

I believe it is important to find a doctor that you are comfortable with, who can address your individual health needs. I welcome you to a 15 complimentary visit to meet me and ask any questions you may have.