

### Kelly Austin, B.H.Sc.,N.D.



Kelly Austin is a fascinating person. Not just because she is a doctor, but because she is multifaceted and passionate about many things. Her core passion is her work. She was all set to go to mainstream med school when she picked up an article that changed her whole way of thinking. The article was about Naturopathic Medicine. It spoke to her and she knew right there it was the direction she wanted to take. She knew it was the future of medicine. A Naturopathic Doctor is a primary care physician who focuses on treating the cause, not the symptom. The emphasis is on wellness, not illness. It means lifestyle changes and diet changes. It means helping you become educated about yourself and your surroundings. It means, a well rounded, highly educated doctor.

There are only 5 Naturopathic Universities in existence and Kelly Austin graduated from the Canadian College of Naturopathic Medicine. She also holds a Bachelor of Health Sciences degree from the University of Western Ontario. The first two years of naturopathic school are exactly like med school, basic sciences boards and the move to clinical studies. Naturopathic studies branch off after that and give a doctor extensive training in the many different facets of alternative medicine. In addition, Kelly has taken every available board exam allowing her to practice in any licensed state. Kelly is a licensed Naturopathic Doctor. There is a huge difference between a Naturopathic Doctor and a Naturopath. Make sure you ask for credentials and make sure the practitioner you visit has graduated from one of the 5 accredited schools.

A visit to Dr. Austin involves intense history taking and a complete physical exam. The patient will be required to complete a diet journal and a questionnaire of complaints to help determine the optimal individualized treatment plan for the client. A treatment protocol will be implemented on the second visit once all of the patient's information is assessed. A routine blood test is also recommended for all patients, and additional lab work may be referred on an individual basis. Contrary to popular belief, a naturopathic doctor works with your medical doctor to find the optimal balance of necessary herbal meds, existing meds and lifestyle changes. Dr. Austin is even licensed to prescribe mainstream meds. She specializes in hormone balancing which involves the use of saliva testing to measure hormones and prescribe herbs, nutrition and natural bio-identical hormones based on your results. She also treats high cholesterol, high blood pressure, diabetes, thyroid conditions, digestive problems (IBS), depression, and fibromyalgia.

Lifestyle changes are always the first course of action, but she doesn't tell you go forth and change, she provides a complete program for you to follow as well as expert guidance and support. Kelly's special interests include clinical nutrition, acupuncture, sports injuries and disabilities (particularly Down's Syndrome). She is also a certified fitness instructor. Many of you know her from local fitness facilities helping clients achieve their health and fitness goals. Kelly and her husband moved here from Canada five months ago. They live in 4S Ranch and have discovered that Southern California living is pretty awesome. They like the outdoor lifestyle which completely compliments her way of thinking and working. She is an avid hiker and they love having the beach so close.

Take the time to give Dr. Austin a call, or simply email her with your thoughts or questions. You can reach her at 858-705-1727 or [austin.nd@gmail.com](mailto:austin.nd@gmail.com). She also has a very informative website that you can visit at [www.nhealth.ca](http://www.nhealth.ca). Remember naturopathic medicine is the key to a healthy future, get started now with Dr. Austin. She practices what she preaches and promises to be a true leader in this field of medicine.