



Dr. Aparna Taylor MSc, ND
Drtaylornd.com
Your natural path to a healthy balance

Lifestyle counselling

Naturopathic doctors take into account all aspects of an individual's life when working towards health goals. The impact of mental attitudes, emotional states and responses to environmental factors are important elements in healing. Often, identifying how your individual response to particular stressors may affect you, will in turn guide us to tools that will help you successfully reach your health goals.

Dr. Taylor has a strong interest in mind-body and patient-centred medicine. Listening compassionately and guiding patients towards their best health, Dr. Taylor takes time to discuss treatment options with patients in order for them to make informed decisions. She finds a balance between the wisdom of nature and naturopathic principles, evidence-based medicine and patient goals when designing individualized regimens for each person.

Nutrition

The foundation of our health comes from what we eat. Dr. Taylor provides nutritional counselling by working with you to reach your health goals at your own pace, which includes assessing dietary habits, symptoms that may be related, and identifying which foods may be more supportive than others for your system. This can be a rewarding experience, to identify where a simple addition of a few nutrients, or removal of a (sometimes healthy) food or food habit will result in resolution of symptoms and restore balance. In some cases more in depth analysis is required. In all cases, Dr. Taylor attempts to address these areas based on your short and long term goals, to set you up for success.