



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

## What is Dr. Taylor's training?

Dr. Taylor holds a Bachelor of Science (BSc) in biology from Lakehead University, a Master of Science (MSc) in muscle physiology from the University of Calgary, and completed all required coursework and partial research towards her Doctor of Philosophy (PhD) in molecular neuroscience, at the University of Calgary, before deciding to follow her passion for holistic healing and obtaining her Doctorate in Naturopathic Medicine at the Canadian College of Naturopathic Medicine in Toronto, Ontario. She brings to her patients a balance between conventional sciences, naturopathic philosophy and her personal journey as a yoga student and teacher, respecting the varied treatments that resonate with an individual on his or her healing path.

## How did Dr. Taylor come to focus on Lyme disease?

Searching for treatment options for a patient who approached Dr. Taylor for help, years after his initial tick bite, Dr. Taylor connected with the International Lyme and Associated Diseases Society (ILADS), a multidisciplinary organization dedicated to the diagnosis and appropriate treatment of Lyme and its associated diseases. She became one of the first Canadian clinicians (MD or ND) to participate in the physicians training program (now ILADEF) with Dr. Richard Horowitz, MD in Hyde Park (2008), and since completed another ILADEF physicians training program in California with Dr. Steve Harris, MD.

In the years since, much of her private practice has been devoted to assessing and treating patients who may have persistent tick borne illnesses, or other chronic conditions. She continues attending and presenting at conferences and is interested in learning about how illnesses can influence multiple body systems, destabilize the immune system, and complicate diagnosis and symptoms. She is a passionate educator and student, and as such, has been involved in Lyme awareness campaigns including a documentary screening for "Under Our Skin", and spearheading the first Canadian ILADS fundamentals course for physicians, in Banff, Alberta. She has volunteered for provincial organizations and ILADS committees in the past, and supports educational endeavours whenever possible.

## Does Dr. Taylor treat people who do not have Lyme disease?

Though much of her practice is focused on chronic illnesses, Dr. Taylor also treats patients who are seeking to achieve their health goals through Naturopathic Medicine. She is passionate about team treatment approaches, guided by short and long-term goals of each patient while weighing the risk versus benefit of treatment options, all at each individual's own pace.



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### Is Dr. Taylor able to prescribe pharmaceutical medication?

For several years, Dr. Taylor held active licenses to practice Naturopathic Medicine in Alberta and British Columbia, where the scope of practice for NDs included prescription medications. As such, for those patients who chose pharmaceuticals, she wrote prescriptions based on her additional training for treatment of tick borne illnesses (ILADS) and as a Naturopathic prescriber. As of March 2018, the College of Naturopathic Doctors of Alberta sent out a notice to members, including those with dual licenses, stating that NDs residing in Alberta with dual licenses are not able to use prescribing authority unless physically in BC with their patient, or regulatory action will be taken.

Though she is not currently able to prescribe medications as an ND residing in Alberta, she collaborates with medical doctors and prescribing pharmacists for patients who want the options of prescription medications, for her patients across Canada. This in fact has increased awareness of the need for treatment amongst the medical community with positive outcomes.

### Will I have to be on a complex plan of many supplements and medications?

Dr. Taylor seeks to reduce the confusion and stress around considering options for treatment, whenever possible. There is considerable bias in the area of diagnosis and treatment for Lyme and associated conditions. In some cases treatment is aggressive with pharmaceuticals and/or natural products and there is a risk of over-treating, and over-diagnosing, while in other cases the treatments may be too conservative, or a diagnosis missed. Dr. Taylor makes every attempt possible to have an awareness of the bias that may be present, to find a healthy balance when working towards patient health goals. Her aim is to reduce the burden on the body and the mind, focusing on each individual to find an appropriate treatment plan that will be most effective.

Dr. Taylor is a member of the Canadian Association of Naturopathic Doctors (CAND), the College of Naturopathic Doctors of Alberta (CNDA), and the International Lyme and Associated Diseases Society (ILADS). She is committed to learning from others and sharing her experiences to remain current and improve outcomes for her patients. She has been invited to speak to both medical and non-medical groups at conferences and gatherings and is committed to increasing awareness regarding chronic conditions, and achieving sustainable, long-term wellness.