



SERVICES

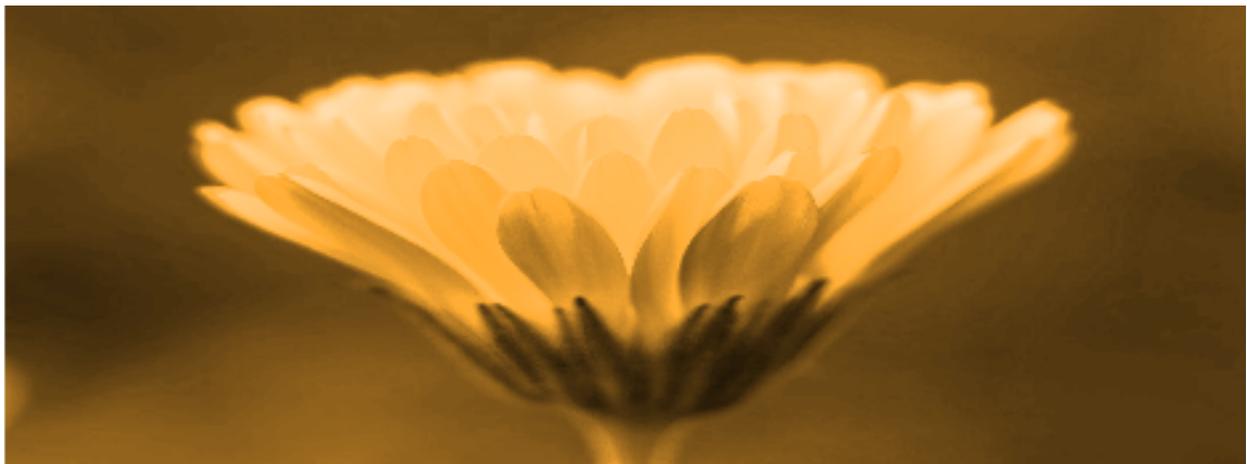
Wellness/Physical Exams/Office visits -Dr. Zia provides general physical exams to assess your current state of health for children, young adults, and adults as well as general primary care consults/office visits to manage existing conditions and optimize health.

Lifestyle Counseling - part of every visit includes individualized solutions for each patient to improve your health through lifestyle changes. Dr. Zia will give you options and information to help you decide which lifestyle changes are most beneficial for you.

Food intolerance Evaluation - Our **Food Intolerance Evaluation** helps you determine the foods that are not well digested and create a toxic environment in your digestive tract, making way for inflammation and disease in the body. This is an invaluable tool to begin on the journey to health. Removing food intolerances from the diet can help clear food allergies and free up the vital energy for healing.

LENS SESSIONS - LENS is a type of neurofeedback that helps the brain reorganize and correct dysfunctional patterns that it has developed from trauma - emotional or physical over one's lifetime. The LENS works well with problems of the Central Nervous System, such as: anxiety-depression spectrum, attention deficits, behavior disorders, various sleep disorders, headaches and migraines, PMS and emotional disturbances. It is also useful for organic brain conditions such as seizures, the autism spectrum, and cerebral palsy.

Hydration Consults - Follow these links to learn about why **water** is important, and how to find a quality water filter that fits your needs.



Modalities used:

Botanical Medicine - Botanical Medicine is the use of plants for a wide variety of ailments. Recent research has shown the efficacy the use of plant medicine can have in treating disease. As with all of Naturopathic Medicine, botanical medicine addresses the cause of a disharmony in the mental, physical and spiritual plane.

Homeopathy - Homeopathy is a proven method of healing that was developed by Dr. Samuel Hahnemann over 200 years ago. Homeopathic remedies address all aspects of a person and enhance the body's ability to respond to stressors. Homeopathic remedies have the ability to shorten the duration of a disharmony and strengthen the body's ability to heal from acute as well as chronic conditions.

Clinical Nutrition - Clinical nutrition is a foundational principle of Naturopathic Medicine. It is the practice of using specific foods for addressing a particular health complaint. Extensive research studies have shown that many medical conditions can be prevented and treated effectively with the use of food and nutritional supplements without the complications and side-effects of pharmaceuticals.

Physical Medicine - Using low voltage electrical stimulation and high frequency directly to spinal nerves and organs, Dr. Zia helps restore and tonify organ and balance peripheral nerve function, as well as relieve pain.

Somatic Re-education (Ortho-bionomy) - Ortho-Bionomy® is a bodywork technique developed by a British Osteopathic Physician, Arthur L. Pauls. This treatment helps to promote the integration of physical, emotional and mental experiences and relieves painful musculoskeletal conditions. Ortho-Bionomy® is also allows for relaxation and ease of stress.

Hydrotherapy - This is a gentle and extremely effective treatment is based on the use of hot and cold applications to the body to improve nutrition and elimination of toxins through the normalization circulation throughout all tissues of the body. It has been successfully used in digestive, cardiovascular, respiratory and immune issues.

