

Wildheart Therapies and Pharmacy

Newsletter #1: Greetings from your new Naturopathic Doctor: Dr. Ashley Romanchuk

Hello and Happy 2023.

I am Dr. Ashley Romanchuk, Naturopathic Physician and the new Owner and Medical Director of Wildheart Therapies and Pharmacy. As you know: Dr. Karley Denoon, ND has sold her practice after 10 years. I am grateful for the opportunity to take over the care of all of you. Many of you would know my name as I have been in and around Fernie for many years (~20+ years). Lots of you would also not know my name as I generally keep a low profile. :)

There are two Naturopathic Medical schools in Canada and I graduated in 2015 from the one on the west coast, which was called the Boucher Institute of Naturopathic Medicine at the time. It is now recently been renamed to the Canadian College of Naturopathic Medicine with the campus being in New Westminster, British Columbia.

I treat the broad array of conditions that any naturopathic doctor is trained to treat *and* my passion in treatment is hormone health especially along the lines of female fertility and female hormone health in general - which is actually very complex. With that said, I am trained to treat the wide array of conditions one can be presented with.

I have focused a lot of my time since school excelling my knowledge of the Botanical Medicines (plant medicine pharmacopeia), Pharmaceutical Medicines and Traditional Chinese Medicine. I place a strong focus on laboratory measurements as objective analysis as data is so very important to optimal health. I strongly suggest that everyone at 30 years old to have complete blood work done to make sure all your markers of health are in good range. I then suggest doing this every 5 years there after. This can easily be done by booking an appointment. **Appointments can be booked online via the website or by calling Marina at 250-531-0154.**

I will continue to write and send out important informational posts to you all but for the sake of keeping this first one short and sweet I want to firstly state that I urge you all to book in an appointment with me over the following months so I can firstly meet you and support your health.

IF any of you are dealing with any of these symptoms, I urge you to come in and book an appointment. There are many ways I can support your health and most importantly OPTIMIZE your health:

These are all indicators of imbalance and there is support for you. You should not and do not need to be living with any of these symptoms of imbalance:

***Fatigue/Lethargy/Exhaustion** -especially the mid-afternoon adrenal fatigue crash

***Stress**

***Anxiety/Depression** or mood swings/shifts or imbalances

***ANY Digestive issue including bloating or acid reflux** - your stool will majorly tell your health of your digestive system but so does your skin and believe it or not, your mood and your immune system. A healthy digestive system is regular healthy bowel movements, a healthy happy mood and a healthy strong immune system!

***Inflammation** - puffy face, eyes, fingers especially

***Pain** -especially joint pain, which is a huge indicator of food sensitivities

***Mucous** - Mucous is NOT good. It will slowly wear your health down and is a sign something is not well - typically due to allergies, too much alcohol or eating foods that are not for your optimal health

***Sleep issues or waking tired**

***Menstrual issues including pain, PMS symptoms, heavy flow and please especially come see me if you have clots** - these are major signs of hormonal imbalance that womb-carriers somehow think they should just deal with or are normal or average but they are not and your menses should be pain free, regular and definitely without clots. Hormonal health is SO important. If you have also been using contraceptive pills - I strongly suggest booking an appointment for important hormone support and important liver-detoxification support - it is very important to support a body to detoxify synthetic hormones!

***Weight changes or inability to loose weight**

***Low immunity-** if you catch any and every cold that goes around, please come in for some immune support. Health is resiliency!

***Skin issues** -especially acne as this is a major indicator of food sensitivities and/or hormonal imbalance. Lustreless or dry skin(or hair) is an indication to add some important nutrition.

IF any of you have not had a solid health check up and check in in more than a year - I strongly suggest coming in. If more than a year has passed an hour long renewal visited is warranted. Issues like blood pressure, cholesterol and blood sugar imbalances typically can not be noticed until there is some actual measurement but these wreck havoc on your health.

I look forward to meeting you all. Please recommend an initial visit at Wildheart Therapies and Farmacy if you know if anyone struggling with their health in any way. There are so many solutions and forms of support and what I truly want to urge is **HEALTH OPTIMIZATION** - truly getting your health and body into the highest healthiest, strongest and most resilient form. It's a beautiful place to be and honestly: health shines.

Thank you and I look forward to meeting you all over the coming months!

In health,
Dr. Ashley