

# NATURAL MEDICAL SOLUTIONS WELLNESS CENTER

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**We at Natural Medical Solutions Wellness Center are focused on treating the root of health issues within a person. We use various testing to come up with a treatment plan for the individual because no one person is going to be like someone else. We handle various kinds of health issues such as diabetes, autoimmune disorders, allergy testing, and even complementary treatments to cancer therapies. Schedule an appointment with us today to get set up and on the road to recovery.**

# MEET THE PRACTITIONER

## DR. GAIL RAVELLO



**Dr. Gail Ravello has a Ph.D of Alternative and Integrative Medicine (Ph.D-IMD) from Quantum University and is board Certified by the American Naturopathic Medical Certification Board (ANMCB).**

**She is a highly skilled Naturopath Doctor with over 29 years of experience in healthcare, working in both private practice and hospital outpatient care.**

**Gail is an active member of The American Academy of Anti-Aging Medicine (A4M), Certified Natural Health Professionals (CNHP), and the Institute of Women's Health and Integrative Medicine.**



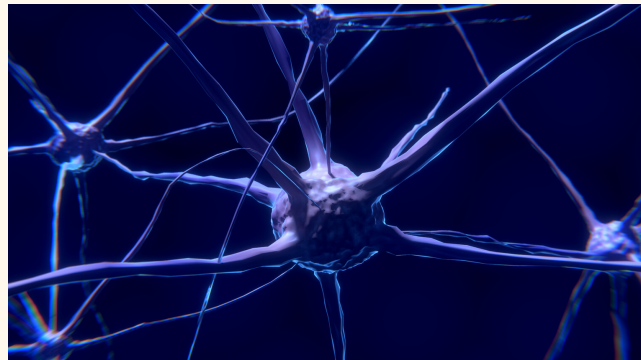
December 5th, 2019



# Services we offer



- **Adrenal**
- **Food allergies**
- **Environmental allergies**
- **Autoimmune disorders**
- **Brain**
- **Diabetes**
- **Digestive health**
- **Disease prevention**
- **Heart health**
- **Heavy metals**
- **Hormones**
- **Nutrition and weight loss**
- **Thyroid**
- **Thermography**



- **Acupressure**
- **Colon hydrotherapy**
- **Craniosacral therapy**
- **Detoxification**
- **Homeopathic medicine**
- **Hyperbaric oxygen therapy**
- **Infrared therapy**
- **Integrative cancer treatments**
- **Integrative cardiology**
- **Mineral treatments**
- **Pain management**
- **Pediatric health care**
- **Physical medicine**
- **Therapeutic massage**
- **Women's integrative health**

# Therapy of the week:

## Craniosacral Therapy

Craniosacral therapy is used at our practice to help alleviate various medical conditions by palpating the skull and joints in the skull. The practitioner feels the skull and then by using soft touch, restrictions are released in the tissues that affect the system. Many patients see relief with just a couple sessions but some may come for therapy for months.



This kind of therapy can be used to help treat the following conditions:

- Traumatic Brain Injury
- Migraines and Headaches
- Chronic neck and back pain
- Stress related disorders
- Brain and spinal cord injuries
- Autism
- Fibromyalgia
- Scoliosis
- Learning disabilities
- ADD/ADHD
- Post Traumatic Stress Disorder
- Orthopedic problems





# Hormone imbalances: how they happen and what to do

Hormones are very important to the function of the human body, and play a role in every system. Even a slight disruption in the amount of hormones you have in your body can play a huge role in how your body goes about its normal processes. We can look at why hormone balances happen and what you can do to restore it to normal.

Hormone imbalances can happen for a number of reasons including major stress, poor diet, obesity, diabetes, and even some genetic conditions. Once a reason for your hormonal imbalance has been established, it is much easier to work to correct it naturally.

It is extremely important to keep an eye on your physical health because symptoms may arise that are a sign of this imbalance and some are more common than others. Some common physical signs of a hormone imbalance are:

- Weight gain
- Fatigue
- Irregular bowel movements
- Muscle weakness
- Dry skin
- Increased hunger or thirst
- Joint pain
- Decreased sex drive

Most of the natural remedies to correct hormonal imbalances include lifestyle changes and focusing on what may have caused it in the first place. Some of the best ways to reduce hormonal imbalances include:

- Maintaining a healthy weight
- Eating a balanced diet
- Exercising regularly
- Practicing calming remedies (yoga, meditation)
- Good personal hygiene
- Reducing exposure to toxins

Hormonal imbalances are common and nearly everyone experiences it at least once in their life if not more. It is very important to keep an eye on yourself and notice any changes in yourself or your life that may be causing an imbalance. Self-awareness is key in maintaining a healthy lifestyle.

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