

**Nancy Utter, ND
Naturopathic Doctor**

Dr. Utter is a licensed naturopathic doctor. She received her medical training at Bastyr University in Seattle Washington (bastyr.edu) where she studied for 5 years to finish her post-doctorate degree in naturopathic medicine. As a part of her medical training she completed a two year internship at the Bastyr Center for Natural Health in Seattle Washington.

Dr. Utter practices family medicine and treats both acute and chronic illnesses of all types and sees people of all ages. She also has several specialty areas in natural medicine:

Children's health

- Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD),
- Behavioral disorders
- Depression and anxiety
- Food allergies
- Nutritional deficiencies
- Environmental illness and heavy metal toxicity.

Women's Health

- hormone balancing in PMS, menopause, irregular cycles and infertility
- Breast cancer and DCIS treatment and prevention
- Autoimmune diseases
- Thyroid diseases including both hypo and hyper-thyroid conditions

Brain Chemistry Balancing

- Depression
- Anxiety
- Bi-polar disorder
- Schizophrenia
- Anger
- Insomnia

Food Allergies and Nutrition

- Creating food plans that work
- Healing the digestive tract to eliminate reactions
- vitamin deficiencies such as anemia, PMS, osteoporosis, skin problems
- Weight loss and weight gain

Cancer Care – integrative with conventional chemotherapy and radiation

- Decreasing side effects of chemo and radiation and other cancer treatments
- Cancer recurrence prevention

-Optimizing health after conventional treatment

Heart and Vascular Health

- High cholesterol and atherosclerosis
- High blood pressure
- Cardiovascular disease
- Cardiomyopathy
- Angina
- Palpitations and tachycardia
- Performance enhancement for athletes

Types of treatments that Dr. Utter uses are:

Nutrition and diet therapy- we are what we eat and nutrition is definitely one of the biggest challenges for us all. We eat for many reasons other than hunger and just keeping up with shopping and cooking in our busy world is a challenge. Every cell in our body is made from the foods we put into our mouths so we can actually change the way we are made by changing the foods we eat. Using food as medicine is one foundational way to improve our health. She also uses nutritional supplements when appropriate

Herbal Medicine - Western, Chinese and Ayurvedic herbs restore balance in the body, mind and spirit. The plant world surrounds us and provides many different medicines that can help us heal and find optimal wellness. Dr. Utter began working with herbal medicines 12 years ago and fell in love with the plants and herbal formulas.

Homeopathy - homeopathy is the practice of using “like to cure like”. Homeopathic medicines are gentle and safe enough to use in babies and weak individuals. This gentle yet effective medicine is used as a mainstay in Europe and India.

Counseling – Lifestyle and emotional counseling are important in treating the whole person. Dr. Utter is trained in individual counseling and uses it to restore balance in mind, body and spirit. Dr. Utter believes that discussing and processing problems is an important way to effect change and healing in the mental and emotional realms of ourselves.

Physical Medicine - this modality is a broad category that includes many different therapies such as the topical application of salves and poultices to the skin and the use of hot and cold applications to the skin to achieve changes in circulation and immune system function.

In her free time she practices refilling her own spirit in the natural world. She is an avid outdoors person and enjoys skiing, mountain biking, kayaking and hiking in nature. She also enjoys traveling, cooking, reading and learning almost anything new.