

## Increased Immunity & Wellness

At Optimum Wellness, we don't just treat your problems, but we take active measures to educate and inspire you to make the lifestyle and dietary changes to boost your immunity to reach and maintain your optimal level of health.

## Weight Loss

Do you wish to gain control over excess weight, insulin resistance and cardiovascular risk factors? Let us show you how you can repair glucose and fat metabolism to improve insulin sensitivity and get to the core of Metabolic Syndrome – the long-term effects of our destructive western lifestyle habits.

## Chronic Fatigue

1 to 4 million North Americans suffer from Chronic Fatigue Syndrome (CFS) and 80% of those are women!

Although there can be many causes of fatigue, the one constant is how deeply it impacts your quality of life. Our definition of fatigue is simply a lack of energy, drive or vigour you once owned. It may manifest as just an energy drop in the afternoon or it can be as debilitating as the lack of energy to get out of bed in the morning.

At Optimum Wellness our goal is to eliminate the issues that are causing the symptoms of fatigue and preventing the body's immune system from functioning correctly.

## Healthy Aging

It is never too early to plan for healthy aging or too late to try and improve aging health. How do we maintain our good health for as long as possible? Call us to learn how we can assist with identifying modifiable risk factors. **Restore your energy levels and protect your future!**

## Achieve Better Health

Balance hormone levels, reduce stress and increase energy by tapping into your body's natural ability to heal itself. As a woman, there's a lot you can do to prevent health problems, including maintaining or improving your health and preventing disease to help you live a healthy life.

Experience first hand how you can overcome your health problems and feel fantastic through the use of Naturopathic Medicine and Naturopathic remedies.

## Dr. Christina Bjorndal B.Comm., ND

Dr. Bjorndal completed her undergraduate Commerce degree at UBC where she was the Valedictorian, Dean's Honor list recipient, Scholarship varsity track and cross country athlete and UBC Rhodes Scholar applicant.

She was the Head of Marketing at Alive magazine until she applied to Naturopathic Medical School and has obtained additional training in Compassion Focused Therapy, Gestalt psychotherapy, Orthomolecular Medicine and Cognitive Behavioral Therapy.

She believes in a holistic approach to health with nutrition and lifestyle counseling as the foundation in maintaining an optimum balance in our overall well-being.

## Dr. Alysha Somji, ND

Dr. Somji graduated from the Canadian College of Naturopathic Medicine after completing her undergraduate degree in Biological Sciences at the University of Alberta. Dr. Somji is licensed through the Alberta Association of Naturopathic Practitioners (soon to transition to The College of Naturopathic Doctors of Alberta) and is also a member of the Canadian Association of Naturopathic Doctors (CAND).

Dr. Somji utilizes Traditional Chinese Medicine, acupuncture, diet and lifestyle counseling, nutritional supplementation, homeopathy, botanical medicine and counseling to achieve optimal wellness with her patients.

Dr. Somji's focus is on family medicine, with a special interest in women's health as well as acupuncture.

*"We age because our hormones decline; our hormones do not decline because we age."*

**From: Ageless  
By: Suzanne Somers**

# WOMEN'S HEALTH PROGRAM



LEADER IN OPTIMIZING  
WELLNESS

356 SADDLEBACK ROAD (27 AVE.)  
BLUE QUILL SHOPPING CENTRE  
EDMONTON, AB T6J 4R7

TEL: (780) 439 - 1200



[www.optimumwellnessclinic.ca](http://www.optimumwellnessclinic.ca)

## We Care About Women's Health

### If you suffer from:

- Difficulty conceiving
- Hormonal problems
- Insomnia / Fatigue
- Digestive concerns
- Irregular menstrual cycles
- PMS
- Polycystic ovaries
- Perimenopause/menopause
- Endometriosis
- Candida / Chronic infections
- Difficulty losing weight
- Cervical dysplasia

### WE CAN HELP!

Naturopathic Medicine can play a key role in treating a number of women's health concerns. We especially excel in listening to patients and determining which signals from the body are messages of imbalance. Utilizing a variety of treatment methods, such as botanical medicine, homeopathy, acupuncture and nutrition, we guide patients back to a state of hormonal balance and optimal health.

### What Do Naturopathic Doctors Do?

Drs. Christina Bjorndal and Alysha Somji are trained to treat hormonal imbalances, such as infertility, irregular periods, PMS and menopause, and we also provide prenatal and post-natal care. We offer specialized saliva hormone testing which allows us to customize a treatment plan that is individually unique. When you visit our clinic, we will spend considerable time taking a thorough case history for you. We determine exactly how your body is functioning and go past your symptoms to investigate the true cause of your problems.

Once we have identified this we provide you with the guidance and support to eliminate your problems and return you to a state of health that you forgot was even possible. One of the guiding principles of Naturopathic Medicine is to address the underlying cause of disease or pain to treat the root of the problem rather than just suppressing symptoms.

As a result, many women can find permanent relief from women's health issues.

It is this individual attention and the fact that we treat each patient differently that makes our Naturopathic Doctors so effective at delivering quality healing results. Whether you are trying to right a diet imbalance or need help managing hot flashes, looking to a Naturopathic Doctor who specializes in women's health will be the right solution.

### Fertility Optimization And Preconception Care

Many women struggle with getting pregnant.

Dramatically increase your chances of conceiving by utilizing natural remedies and lifestyle changes.



For many women our reproductive years can be filled with frustrations; infertility, miscarriage and health challenges related to pregnancy such as gestational diabetes and high blood pressure.

Often times there are issues that may need to be corrected with conventional treatments; conditions such as scarring to the fallopian tubes. However many couples experience fertility challenges of unknown origin.

A Naturopathic Doctor can help a woman understand the reasons for her infertility, and potentially help her overcome it. If a woman is not ovulating regularly, a Naturopathic Doctor can also offer natural treatments to encourage regular ovulation. We specialize in all aspects of reproductive health and will work with you to find the best way to conceive and carry a healthy baby.

Some of the ways a Naturopathic Doctor may help a woman with fertility include exercise (such as yoga), herbal medicine, homeopathy, nutrition and acupuncture. The protocols are different for every woman or couple as there are many factors involved and treatment is individualized to each specific case.

## Hormonal Balance & Menopause

Women's hormonal health is always a topic of interest among women of all ages.

### *Why endure monthly pain, excessive bleeding and fluctuating emotions?*

We can provide you with natural ways to balance your hormones and diminish these unpleasant symptoms.

Hormonal imbalances may point to medical issues such as poor nervous system health, a weight disorder or insulin resistance. Some hormonal health problems are also related to poor diet and lifestyle choices.

As women get older, they also experience a variety of age-related conditions and issues.

Today, many women are looking to Naturopathic Doctors to help them with symptoms of menopause. A woman who is experiencing menopause may seek out more natural treatments, rather than taking prescription drugs to regulate hormones.

*We can support your hormones and modulate your endocrine function to restore balance and minimize menopausal symptoms.*

For all hormonal conditions, we offer saliva hormone testing that is more comprehensive than the standard blood tests for hormones. This allows us to customize a treatment plan that is individually unique and safe.

### Sleep Disorders

Face the day with the energy and enthusiasm that a long restful sleep brings. Call us to learn how we can help you overcome your sleep disorders and get your life back.

### Digestive Problems

There is no need to put up with irritable bowel syndrome, constipation, ulcers, reflux and bloating or inflammatory bowel conditions. You can relieve the symptoms while correcting the underlying disorder with the guidance and advice offered by a Naturopathic Doctor.