



Dr. Aparna Taylor MSc, ND
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Your natural path to a healthy balance

Lifestyle medicine

The foundation of our health comes from balancing what we ingest, how we move and self care. Each of these components can be used as tools towards your goals, and Dr. Taylor strives to find a practical and accessible path for each individual.

Nutrition

Part of the foundation of our health comes from what we eat and drink. Dr. Taylor provides nutritional counselling by working with you to reach your health goals at your own pace, which includes assessing dietary habits and hydration, symptoms that may be related, and identifying which foods may be more supportive than others for your system. This can be a rewarding experience, to identify where a simple addition of a few nutrients, or removal of a (sometimes healthy) food or food habit will result in resolution of symptoms and restore balance. In some cases more in depth analysis or change is required. In all cases, Dr. Taylor attempts to address these areas based on your short and long term goals, and to empower you to nourish yourself with joy, to set you up for success.

Movement and exercise

Our bodies benefit from movement, and in a way that feels authentic to each individual's state of health. While some health conditions may limit certain types of exercise, movement can come in many forms, to support individual wellness.

Self care

Dr. Taylor has a strong interest in mind-body care and the benefits of bringing calm into our lives. Nourishing ourselves includes supporting our sleep, sense of purpose, healthy relationships and even what brings us joy. Evaluating the foundations of health, regardless of where an individual is on the path towards wellness, Dr. Taylor strives to find a balance between the wisdom of nature and naturopathic principles, evidence-based conventional medicine and the goals of each individual, to offer guidance towards optimal health.