



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

What is Dr. Taylor's educational training?

Dr. Taylor holds a Bachelor of Science (BSc) in biology from Lakehead University, a Master of Science (MSc) in muscle physiology from the University of Calgary, and completed all required coursework and partial research towards her Doctor of Philosophy (PhD) in molecular neuroscience, at the University of Calgary, before deciding to follow her passion for holistic healing and obtaining her Doctorate in Naturopathic Medicine (ND) at the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario. She brings to her patients a balance between conventional sciences, naturopathic philosophy and her personal journey as a yoga student and teacher, respecting the varied treatments that resonate with an individual on his or her healing path.

I don't have complex illness, what can Dr. Taylor offer me?

Though much of her practice is focused on chronic illnesses, Dr. Taylor welcomes individuals who are seeking to achieve their health goals, whether generally to optimize energy, digestion or a specific health concern.

You can expect to review your health history and goals with her, to work together to understand root causes, and the risks and benefits of treatment options, and have your questions answered, all at your own pace. This assessment may include review of previous tests, responses to interventions, a relevant physical exam and possible suggestion of further investigation. She provides a practical way forward that encourages a wellness plan that is easy to follow and addresses your concerns. This means hearing what resonates with you, individualizing your plan and being able to assess and monitor your progress.

What if I am on medications, and seeing other doctors too?

Medications serve a purpose, and interventions are assessed for risks, benefits, safety and interaction profile. Dr. Taylor encourages transparency and collaboration with doctors and practitioners. Whether your goals are to maintain stable doses of medications, or to reduce them, both are evaluated carefully, ideally with the prescribers. Your assessment includes reviewing current medications, supplements and lifestyle factors and monitoring your progress towards your goals. Some medications may need to be adjusted based on your progress, as your health improves.



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How did Dr. Taylor come to focus on complex diseases and infections like Lyme Disease?

Searching for treatment options for a patient who approached Dr. Taylor for help, years after his initial tick bite, Dr. Taylor connected with the International Lyme and Associated Diseases Society (ILADS), a multidisciplinary organization dedicated to the diagnosis and appropriate treatment of Lyme and its associated diseases. She became one of the first Canadian clinicians (MD or ND) to participate in the physicians training program (now ILADEF) with Dr. Richard Horowitz, MD in Hyde Park (2008), and since completed another ILADEF physicians training program in California with Dr. Steve Harris, MD.

In the years since, much of her private practice has been devoted to assessing and treating individuals who may have persistent tick borne illnesses, or other chronic conditions. She continues attending and presenting at conferences and is interested in learning about how illnesses can influence multiple body systems, destabilize the immune system, and complicate diagnosis and symptoms. She is a passionate educator and student, and as such, has been involved in Lyme awareness campaigns including a documentary screening for “Under Our Skin”, and spearheading the first Canadian ILADS fundamentals course for physicians, in Banff, Alberta. She has volunteered for provincial organizations and ILADS committees in the past, and supports educational endeavours whenever possible, including in other areas and specialties. Information regarding tick borne infections and complex illnesses is evolving continually, including the long term effects of other pathogens such as viruses. Dr. Taylor evaluates how this evolving information may be relevant to individuals in her practice, and to put this into context with what is known and makes practical sense.

Many individuals seeking support for vague or confusing symptoms consider Lyme and tick borne diseases as a potential cause, and while this may be the case for some, for many it is not the root cause of illness. In both cases, individuals can end up with limited support. Investigating the root causes for these individuals, Dr. Taylor is continually learning how complex conditions influence overall health, as well as the options available to guide healing.



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Is Dr. Taylor able to prescribe pharmaceutical medication?

For years, Dr. Taylor held active licenses to practice Naturopathic Medicine in Alberta and British Columbia, the latter, included prescription authority, thus was able to write pharmaceutical prescriptions. As of March 2018, the College of Naturopathic Doctors of Alberta sent out a notice to members, including those with dual licenses, stating that NDs residing in Alberta with dual licenses are not able to use prescribing authority unless physically in BC with their patient, or regulatory action will be taken.

Currently, as an ND residing in Alberta, she is not able to prescribe pharmaceutical medications, though collaborates with medical doctors and prescribing pharmacists for patients who want the options of prescription medications.

Will I have to be on a complex plan of many supplements and medications?

Dr. Taylor seeks to reduce the confusion and stress around considering options for treatment, whenever possible. There is considerable bias in the area of diagnosis and treatment for complex conditions, which can extend to general health and wellness programs. From her perspective and experience, optimal health does not require a complex treatment plan. Dr. Taylor makes every attempt possible to be aware of potential bias, to find a healthy balance when working towards your health goals. Her aim is to reduce the burden on the body and the mind, focusing on each individual to find an appropriate treatment plan that will be most effective.

Dr. Taylor is a member of the Canadian Association of Naturopathic Doctors (CAND), the College of Naturopathic Doctors of Alberta (CNDA), the Alberta Association of Naturopathic Doctors (AAND), the Saskatchewan Association of Naturopathic Doctors (SAND), the Washington association of Naturopathic Physicians (WANP) and the International Lyme and Associated Diseases Society (ILADS). She is committed to learning from others and sharing her experiences to remain current and improve outcomes for her patients. She has been invited to speak to both medical and non-medical groups at conferences and gatherings and is committed to increasing awareness regarding chronic conditions, and achieving sustainable, long-term wellness.