



Dr. Rachelle Herdman, M.D., N.D.

(M.B., B.S. Britain)

Pacific Center for Naturopathic Medicine

1308 Meador Avenue, Suite 109, Bellingham, Washington 98229, USA

Telephone: 360-734-0045

Initially a Medical Doctor at a London University teaching hospital, Dr. Herdman also studied Jungian Psychology at the Tavistock Institute, UK, and Classical Homeopathy at the Royal London Homeopathic Hospital. At Bastyr University, USA she earned a Doctorate in Naturopathic Medicine and received advanced Homeopathic training.

Dr. Herdman's practice is now devoted exclusively to Naturopathic Medicine, blending medical sciences and traditional healing arts, particularly for:

- ❖ women's & men's health care & natural gynecology
- ❖ thyroid care & endocrinology; digestive & eating disorders
- ❖ fatigue, arthritis, skin & immune problems
- ❖ respiratory problems, asthma, bronchitis, sinusitis
- ❖ heart disease, high cholesterol, high blood pressure
- ❖ anxiety, depression; personal, spiritual & relationship concerns

Working in close partnership with you, Dr. Herdman attends to the whole person - body and psyche - and to underlying causes of illness. Her specialties include:

NUTRITIONAL MEDICINE: Simple, delicious foods & menus embracing Western bio-medical, Chinese & Ayurvedic traditions; nutritional supplements when indicated.

BOTANICAL MEDICINE: Customized herbal tinctures (liquid extracts) hand-mixed by Dr. Herdman; advanced botanical tablet or capsule formulas to replenish specific body systems.

NATURAL WOMEN'S & MEN'S HEALTH, THYROID CARE: Offered to all ages, for menstrual, pregnancy & menopausal concerns; bone & heart protection; weight balance; prostate & male hormone balance. After thorough individual assessment, Dr. Herdman may recommend "natural" hormones, biologically-identical to those our bodies produce (custom prescriptions for each patient), vitamins, nutrition or herbs. Your progress is carefully tracked via consultations, blood tests and bone density scans.

CLASSICAL HOMEOPATHY: A very safe & gentle, centuries-old medical specialty using infinitesimal doses of natural extracts to stimulate innate self-healing. After your in-depth interview, Dr. Herdman continues with detailed study. From hundreds of well-documented remedies she selects one best suited to your entire constitution, including all symptoms.

MIND-BODY MEDICINE ('PSYCHO-NEURO-IMMUNOLOGY'): Work with life events, dreams, & counseling to strengthen your immune system, self-knowledge & physical & emotional vitality.