

BIOGRAPHY

Liona Manuel, B.Sc. ND



Liona Manuel graduated with Honours in Biochemistry at McMaster University, with a minor in music. Due to her strong belief in the naturopathic philosophy and her passion to assist and empower

others towards health, Liona decided to pursue her medical training in Naturopathic Medicine from the Canadian College of Naturopathic Medicine in Toronto, Ontario.

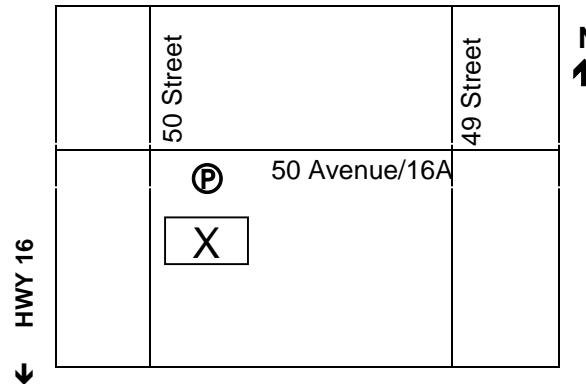
Liona is a licensed Naturopathic Doctor with the College of Naturopathic Doctors of Alberta (CNDA) and a member of the Canadian Association of Naturopathic Doctors (CAND). She is also certified in Parenteral Therapy and is knowledgeable in Darkfield Microscopy and Heavy Metal Detoxification. Liona also has a vast knowledge in natural health products from her various roles with Body and Mind (the professional dispensary of the Canadian College of Naturopathic Medicine).

Liona offers a general family practice with a special interest in the field of diabetes, cancer and other chronic and autoimmune disorders. Liona currently has her own private practice located in Vegreville, Alberta, and is accepting new patients.

Office Hours

Weekday, Weekend and Evening
times available

Please call **587-280-9888**
to book an appointment



Manuel To Health Naturopathic Centre

#106, 4925 – 50 Avenue
Vegreville, AB
(Located inside the Vegreville Business
Development Centre)
Ph: (587) 280-9888
liona.manuel@m2hnc.ca
www.m2hnc.ca



Manuel To Health
Naturopathic Centre

NATUROPATHIC MEDICINE

Liona Manuel, B.Sc. ND

Doctor of Naturopathic Medicine

**Manuel To Health
Naturopathic Centre**

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic Medicine is a primary healthcare profession that uses a natural approach towards health promotion and prevention.

Naturopathic Doctors (ND) are highly educated general practitioners of natural healthcare who integrate standard medical diagnostics with a broad range of natural therapies. They work in partnership with other regulated healthcare providers to ensure that patients receive the most comprehensive and effective care possible.

The treatment methods used include botanical (herbal) medicine, homeopathic medicine, clinical nutrition, acupuncture and Asian medicine, physical treatments, counseling, and healthy lifestyle guidance.

Alberta Naturopathic Doctors are provincially regulated with standardized credential requirements. All registered NDs have completed four years of extensive training in an accredited naturopathic medicine institution after a minimum of three years of pre-medical studies at a recognized university. They must then pass a set of standardized North American regulatory board examinations in order to qualify for ND licensing.

Assessments:

- **In-House Functional Testing** – Looking at how certain areas of your body is functioning, such as your adrenals, bowels, and zinc levels.
- **Meridian Stress Assessment System (MSAS) Testing** (*Biomeridian Testing*) – Looking for energetic disturbances throughout your body by testing a variety of meridian points (which may correlate to acupuncture points).
- **Allergy and Sensitivity Testing** – Looking for foods and environmental pollutants affecting health.
- **Toxic Metals Testing** – Looking for heavy metals affecting health.

And more...

Therapies & Services:

- Asian Medicine/Acupuncture
- Botanical Medicine
- Diet and Nutrition
- Homeopathic Medicine
- Biopuncture
- Intravenous Therapy
- Cancer Care
- Diabetes Care
- General Family Practice

Insurance Coverage:

Although Naturopathic Medicine is not covered by Alberta Health Services, most extended healthcare plans provide a certain amount of coverage. Please contact your health insurance company to check.

What to expect during treatment sessions:

The first appointment is usually about 1.5 - 2 hrs long, which includes a thorough history intake, a complaint oriented physical exam, Biomeridian testing and in-house functional assessments. Subsequent visits range from 30 min to 1 hour, depending on each individual and the treatment plan. Specialized laboratory tests may be suggested.

Remember, the ultimate road to health is your own and we as Naturopathic Doctors are here to assist and guide you towards better health!

