



In the News – Doctors' Choice Nutrition welcomes new associate – Dr. Martha Reid, ND

1. JOIN US on Facebook!! Just follow the Facebook link on our website and select "LIKE" to connect
2. Voted WE Best of the City Silver Winner in Best Natural Health Practitioner – THANK YOU!!



Doctors' Choice Nutrition Welcomes New Associate – Dr. Martha Reid, ND

Dr. Martha Reid is a Naturopathic Family Physician thrilled to be joining the team at Doctor's Choice Nutrition. Dr. Reid extensively trained in clinical and laboratory diagnoses, physical medicine, clinical nutrition, botanical medicine, homeopathy, traditional Chinese medicine and lifestyle counselling. This comprehensive training enables her to effectively treat the full spectrum of medical conditions from acute to chronic ailments (*see below for a list of commonly treated conditions*).

Dr. Reid graduated from the Boucher Institute of Naturopathic Medicine in 2010, receiving her Doctoral Diploma in Naturopathic Medicine and earning the prestigious Award for Clinical Excellence. Prior to medical school, Martha spent several years travelling and living overseas where she gained a deep respect for the integral relationship between people, places and medicine. This experience led first to an undergraduate degree in Anthropology and Environmental Studies, and eventually, to the study of Naturopathic Medicine.

True to the naturopathic medical model, a visit to Dr. Reid will begin with a complete health history, laboratory testing and physical exam. Through this process, Dr. Reid will assemble a comprehensive understanding of your health concerns. She will then choose from a variety of therapeutic tools to create an individualized treatment plan designed to meet your specific needs.

As a primary health care practitioner, one of Dr. Reid's greatest joys is to witness patients being fully self-expressed and unencumbered by physical or emotional constraints. Dr. Reid will bring a limitless energy to the task of supporting you in achieving your goal --- whether it be maintaining great health or becoming a healthier you!

Dr. Reid currently lives with her husband in Vancouver, and creates joy and balance in her life through dance, yoga, music, swimming and her love of the outdoors.

Featured Recipe

Baked Apple (serves 1):

Ingredients: 1 apple, 2 tbsp water, 1 tsp brown rice syrup, cinnamon

Core apple and peel top third only. Blend water with brown rice syrup and drizzle into centre and over the apple. Sprinkle with cinnamon. Bake at 350 degrees F for approximately 20 minutes, or until tender.

Bon a petit!

Clinic Savings



Bring this portion into the clinic to receive
**15% off your next
supplement purchase.**

****This offer is not to be used with any other discounts or in-store promotions. Offer applicable once per month per household****



*Serving Vancouver's
Westend since 2001*

**Doctors' Choice
Nutrition**

**1190 Thurlow St
Vancouver, BC
V6E 1X3**

**Phone
604-688-1169**

**Fax
604-688-1176**

We're on the Web!

doctorschoicenutrition.ca

