



Dr. Jessica Nesbitt ND, CFMP
naturopathic doctor functional medicine practitioner

Greetings to the Naturopathic Foundations Health Clinic community!

My name is Dr. Jessica Nesbitt, I am so excited to be joining the clinic as the new Naturopathic Doctor! I would like to take this time to personally introduce myself and tell you about my unique style of practicing naturopathic medicine, and how I may be able to help you to achieve your health goals.

I have been practicing as an ND for 10 years, and I am the mother to an amazing 5-year-old boy. I have recently moved back to the GTA after living and working in Alberta since 2010. While in Alberta I had the privilege to build a busy practice helping families, with a special interest in women's health, children's health, and working with motivated people who are looking for answers and guidance living their best life!

My style of practicing Naturopathic Medicine can best be described as balanced and personalized.

I take a balanced approach with my patients, guiding them, walking with them along what I call the middle path. This means that I am going to draw from my medical training, evidence-based treatments, and knowledge gained from research studies in order to provide the best care for my patients. In addition, I also honour the vital force within each person and bring into my practice holistic / energetic assessments and treatments. With additional training done in Functional Medicine, I can dive deep and search for answers that may not be found in traditional testing done by Medical Doctors, and by using Applied Kinesiology (commonly called muscle testing) I can assess my patients to uncover imbalances with organ systems (liver, kidneys, lungs, thyroid, adrenals), and potential toxicities (viruses, bacteria, candida, fungus, mold, parasites) that may be missed with lab testing.

After a decade in practice one of my favorite things to do is to help my patients when they have an acute illness. For example, a patient may come to see me because they have a sinus infection. I don't assume that it is caused by bacteria, instead I use applied kinesiology to test (on the spot) and see if their infection is bacterial, viral, fungal, mold (more times than not I have found it isn't bacterial, but fungal)! After I have determined the cause of the infection, I will then also use applied kinesiology to help decide which remedies will be the most helpful for my patient. In this way I believe I am truly practicing individualized medicine. Every patient is tested and given the most appropriate remedies / supplements for them. I have a decade of experience treating other acute infections such as urinary tract infections (UTI's), yeast infections, ear infections, chest infections, colds / Flu. Many of my patients have also come to me because they have found themselves in a cycle of needing frequent antibiotics for re occurring infections. I can help them break this cycle and avoid the complications that come with the over-use of antibiotics.

Another area of my practice that I am passionate about is helping mommas and their children to thrive using naturopathic medicine. Combining my extensive clinical experience with the practice I built in Alberta, with the personal experience I have had raising my amazing 5-year-old son I can help with everything from acute colds or infections to chronic digestive concerns, skin, and behavioral concerns.



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One important aspect of naturopathic medicine that I place a great deal of importance on is prevention and for that reason many of my patients consult with me for guidance on proper vitamin supplementation, dietary advice or immune support for themselves and their children.

After a decade in practice I have successfully treated many other health concerns such as:

Women's Health: PMS, pre-conception, pregnancy, recurrent yeast infections, endometriosis, irregular menstrual cycles, menstrual pain, PCOS, natural fertility, recurrent bladder infections

Weight loss / Detoxification / Fasting Techniques

Fatigue: anemia, iron deficiency, hypothyroidism, adrenal fatigue

Digestion: candida, parasites, indigestion, constipation, food sensitivities, small intestinal bacteria overgrowth (SIBO)

Mental Health: stress management, depression, anxiety, and panic attacks

Immune System: low immunity, acute infections, auto-immune conditions, recurring infections

Metabolic: increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

I look forward to building my practice and helping where I can. I promise that in my office you will find a passionate doctor who listens to you, empowers you, challenges you, and helps you to live your best life in a non-judgmental way!

If you would like to book a free 15 minute "meet and greet" visit, an acute visit, or an initial consultation, please call reception at **905-940-2727**.

Patients can book during the following hours to see me: **Tuesday** 1-8pm, **Wednesday** 10-3pm, **Saturday** 9-1pm.

Stay tuned for upcoming articles and webinars regarding women's health, hormonal imbalance, kids' health, and more!



For the past decade, Dr. Nesbitt has been helping women and children with their health concerns. Practicing as a licensed Naturopathic Doctor and Certified Functional Medicine Practitioner, Dr. Jessica uses an integrative approach with a focus in providing personalized care. She aims to find the root cause for fatigue, hormonal imbalances, thyroid/adrenal disorders, stress, weight concerns or digestive issues. She also has a passion for treating children, guiding women through a preconception detox, and supporting a healthy pregnancy. Visit JessicaND.com to learn more!